

BACHELORETTE SAM
MEET HER FIRST DATE!

BONUS
8-PAGE
DIET
MAG

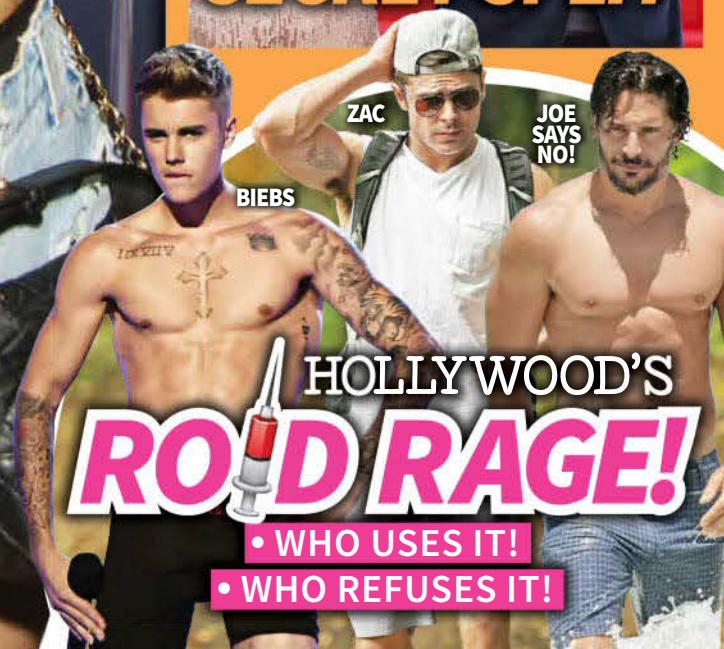
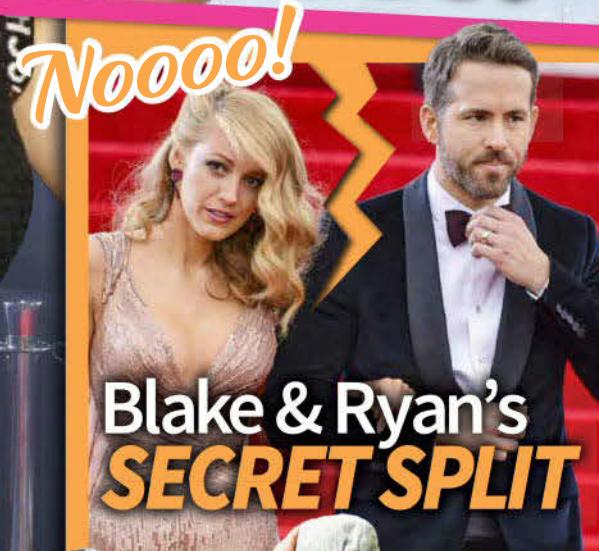
NW

SEE THE
PICS!

Kylie's

SHOCK DRUG BUST!

AS BROTHER ROB
HEADS TO REHAB,
IS KYLIE NEXT?



NEW GENERATION MAZDA CX-5 IS HERE



WITH NEW LEVELS OF COMFORT AND TECHNOLOGY

It's a new generation that's smarter and sleeker. A redesigned interior now features MZD Connect, that seamlessly links to your music, social media feeds and a range of online content. Its instincts are heightened by i-ACTIVSENSE safety, that recognises and helps avoid potential hazards. Mazda CX-5 also gives you the agility and outstanding fuel economy of SKYACTIV TECHNOLOGY. It's hard to imagine a smarter, more athletic SUV. Leap onto NewMazdaCX-5.com.au An SUV. But not as you know it.



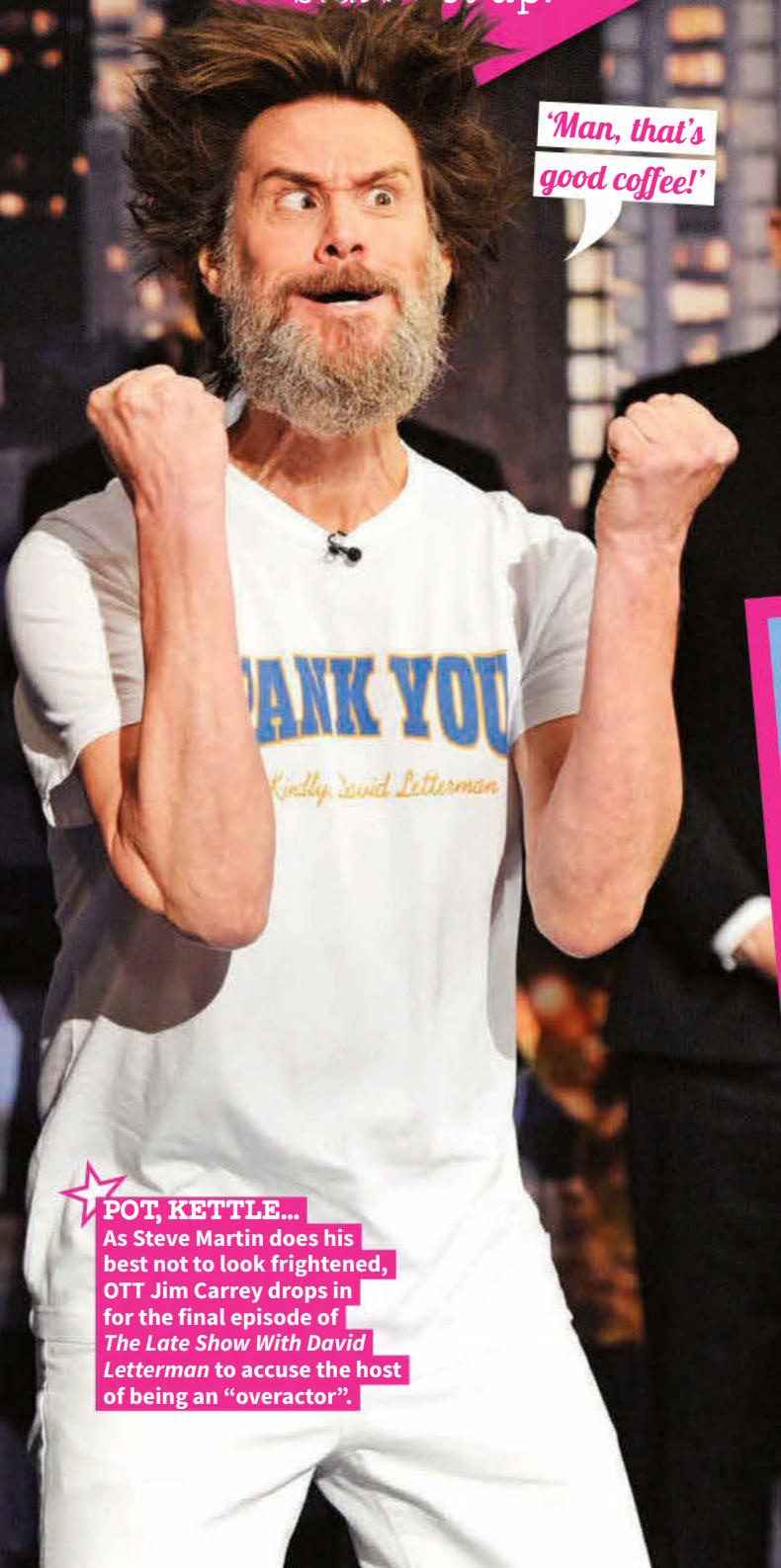


zoom zoom

IMAGINATION DRIVES US

★ HOT SHOTS ★

Lights, camera, crazy...
stars act up!



'Man, that's
good coffee!'

POT, KETTLE...
As Steve Martin does his best not to look frightened, OTT Jim Carrey drops in for the final episode of *The Late Show With David Letterman* to accuse the host of being an "overactor".

MODEL GUESTS

President of L'Oréal Paris Cyril Chapuy sure is in hot company at the amFAR Gala in Cannes. But why isn't he looking at the same part of Karlie Kloss as Lara Stone, Doutzen Kroes, Eva Longoria and Isabeli Fontana are?



'Quick turn the
autotune back on!'

PINKY SWEAR?
Jessie J thinks performing on *Good Morning America* in New York is a scream ahead of her mentoring role on *The Voice Australia*. Let's hope the pink 'do makes it Down Under!





"What? Weed's legal in heaps of US states these days!"

WEED HIT THAT!
We love the thrill of the Chase – Vinnie Chase, that is! We don't even mind when his alter ego Adrian Grenier chucks seaweed at us in Miami.



LEAPING LIZARDS!
Taking the dinosaur love to China *Jurassic World* stars Bryce Dallas Howard and Chris Pratt front a press conference for the movie in Beijing.



★ HOT SHOTS ★



MINNIE ME

Who's more excited about this meeting – Lea Michele or Minnie Mouse? The new BFFs are hanging out at Disneyland, California.



IN THE RED

Kellan Lutz isn't just a cutie – he's also a good samaritan who's happy to clown around for a good cause, as he's proving at a Red Nose Day charity Event in New York.



'OK, which one of you is wearing my jock strap?'



DODGY DUDES

One Direction are a fab fivesome again as Harry Styles, Niall Horan, Liam Payne and Louis Tomlinson join host James Corden's dodgeball team on *The Late Late Show* in LA.

'Engriveled? They got my name wrong again!'



FASHION LABEL

Cara Delevingne's wearing her name with pride during a posh party at the Cannes Film Festival. That's one way to avoid having to say, "Don't you know who I am?"

POLO POSITION

Prince Harry is the mane attraction while horsing around at a charity polo match in Gloucester, UK.

'I'll go hoarse laughing like this!'



'You know what my fav show is? Neigh-bours!'



Wanna know how to keep up?

Bye-bye, cleavage and sky-high pins! Bountiful booty is the ultimate celeb accessory these days, as seen on TV. Well, one show in particular...

But how do the Kardashian/Jenner women get their curves in all the right places?

Whether you aspire to Kim's famous toosh, Kendall's washboard abs or Khloe's krazy kurves, find out their ultimate body sculpting tips in our eight-page *Keeping Fit With The Kardashians* mini-mag.

Enjoy the issue!

Mark
Mark Brandon
EDITOR



Inside this week

ON THE COVER

- 14** Kylie – on drugs and off the rails?
- 16** Blake & Ryan hit by split
- 24** Male stars on steroids
- 28** Sam lands a hot new man!
- 43** Kardashian Body Blitz
- NEWS**
- 10** Kendall & Lewis get racy
- 12** Rumer's body overhaul

18 Baby joy for Bey and Jay

- 20** Khloe's date has Lamar wanting a second chance!
- 22** Cara ditches modelling
- 30** Earth to Mariah!

STYLE

- 62** Hot Or Not
- 64** InstaGlam
- 70** Bed-head hair!
- 72** Hot winter make-up

PLUS

- 26** The Big Questions
- 32** The Week In Pics
- 53** Reality Weekly
- 74** Stars
- 76** Puzzles
- 78** Music, TV & Movies
- 82** Star Spy
- 84** Wait! There's More!
- 90** Last LOL

GET A DAILY DOSE OF NW...



Tell us what you think
facebook.com/nw
magazine



Check out all the Instagram antics at
@nwmag



Follow us on Twitter at
@nwmag



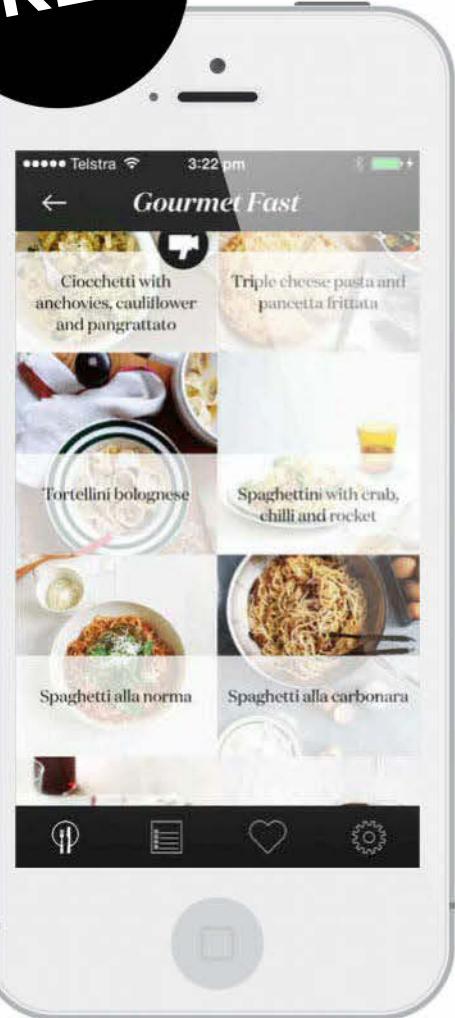
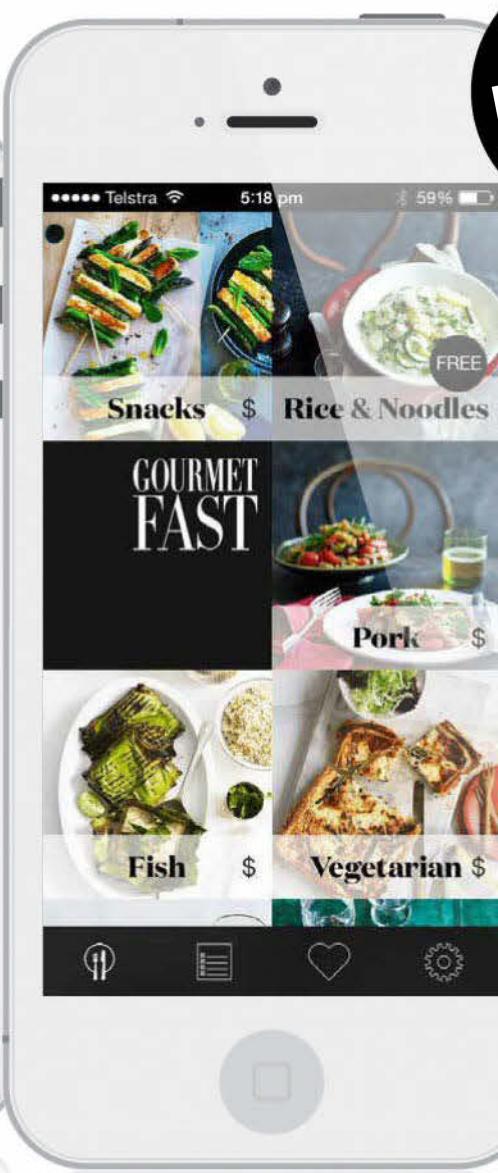
Get breaking news and goss online at
nwonline.com.au

PRIVACY NOTICE: This issue of NW published by Bauer Media Ltd may contain offers, competitions or surveys that require you to provide information about yourself if you choose to enter or take part in them (Reader Offer). If you provide information about yourself to Bauer Media, Bauer Media will use this information to provide you with the products or services you have requested, and may supply your information to contractors that help Bauer Media to do this. Bauer Media will also use your information to inform you of other Bauer Media publications, products, services and events. Bauer Media may also give your information to organisations that are providing special prizes or offers and that are clearly associated with the Reader Offer. Unless you tell us not to, we may give your information to other organisations that may use it to inform you about other products, services or events or to give to other organisations that may use it for this purpose. If you would like to gain access to the information Bauer Media holds about you, please contact Bauer Media's Privacy Officer at Bauer Media Ltd, 54-58 Park St, Sydney NSW 2000.

GOURMET
FAST

BIG ON FLAVOUR,
SHORT ON EFFORT

FREE!



140 TRIED AND TESTED GOURMET FAST RECIPES
SHOPPING LIST / HOW-TO VIDEOS & MORE!

Search for **Gourmet Fast** on the





Chain gang

Kendall wearing Lewis's bling confirms it's on!



F1 driver Lewis is falling fast for the leggy model

Lewis Hamilton may have missed out on a win at the Monaco Grand Prix, but the British motor-racing ace was still hot property at the event as he partied with the gorgeous model brat pack.

And while the stunning Hailey Baldwin and Gigi and Bella Hadid all tried – and failed – to charm



Having introduced Kendall to Lewis at Paris Fashion Week, scheming matriarch Kris is rubbing her hands with glee over her daughter bagging an A-list sports star! "Lewis and Kris have become friendly in recent months and she thinks he's perfect for her daughter," says a friend. "Kendall usually goes for bad boys like Chris Brown and Justin Bieber, so Lewis could be a good influence on her."

Kris takes an epic selfie with Kenny, Lewis and the gang in Paris

FROM MUMAGER to matchmaker!



Hailey, Kenny and Lewis hang on the wing of his \$30 million private jet

Kenny Wins the RACE

the eligible, wealthy bachelor, it was Kendall Jenner who scored pole position in the race for his affections!

Indeed, by the end of the gang's no-expense-spared, five-star trip, 19-year-old Kenny had newly single Lewis wrapped tightly around her well-manicured little finger.

"Lewis can have his pick of girls, but he's completely in awe of Kendall," says our exclusive insider. "She's tall, dark and stunning – plus she's high-profile and used to the fame game. Kenny's just the kind of girl he's after."

Of course, Kendall had a bit of help catching Lewis's eye. Her mum Kris Jenner has been pushing for the match ever since she introduced her daughter to the celebrated driver – who's worth an estimated \$200 million – three months ago at Paris Fashion Week.

In fact, it was the money-minded matchmaker who convinced Lewis, 30, to invite Kenny and her pals trackside,

where she was wearing his signature gold chain within hours of their first kiss hello!

But smitten Lewis will have a fight on his hands if he wants anything more than casual fun with Kenny.

"She's enjoying being wined and dined by one of the richest guys in Formula One, but she's not interested in settling down with one guy," adds our insider. "Not when she's got the world at her feet!"

Kris is going to lose her mind when she hears that! ■

'KENNY'S JUST THE KIND OF GIRL HE'S AFTER'



TOUGH LUCK, BLONDIE

"Gigi totally tried her luck with him, but Lewis isn't attracted to blondes," says our source. "Kendall's the one who's stolen his heart and he's pulling out all the stops to win her over."

SITTING Prix-ty!

Lewis couldn't believe his luck when the sizzling-hot posse of models showed up trackside in Monaco.

And while he only had eyes for Kendall, she and her gorgeous girlfriends Gigi, 20, and 18-year-olds Bella and Hailey were easily the sexiest support crew on the track!

The models turn the pit stop into a sexy photo op

Lewis – who parted ways with singer Nicole Scherzinger earlier this year after seven years of on-off dating – was the envy of the other drivers as the leggy foursome flirted, strutted and posed their way around the site. And the girls clearly loved the attention!

Rumer's \$140K BODY BLITZ

She's gone all out to look like her famous mum!

She's always aspired to look like her actress mum Demi Moore, 52, but Rumer Willis – who once described herself as looking more like her "very masculine father" Bruce – has instead found herself targeted by online body bullies.

"For years I thought, 'Maybe I can get plastic surgery,'" Rumer admits – and experts say that's exactly what she's done, reportedly forking out more than \$130,000 for her dream new look!

US cosmetic surgeon Craig Rubinstein has gone on record to say he believes there's not much she hasn't tinkered with.

"Her lower face is narrower and more feminine," insists the expert, who believes Rumer, 26, also may have had her jaw reset and chin bone repositioned. ■

LIKE MOTHER,
LIKE DAUGHTER

RUMER

Most women dread turning into their mums, but not Rumer! "That moment when you realise you actually are becoming your mother," she captioned this twinning snap.

DEMI

The actress is reportedly no stranger to surgery. Demi, 52, is said to have signed up for a \$450,000 body overhaul in 2003, including lipo, a boob job and \$40,000 worth of work on her face.



\$113,800

FACE She's reportedly had a chin and nose job, brow and facelift, plus regular peels, laser resurfacing, Botox and fillers.

\$12,200

UPPER BODY An upper arm lift banished wobbly bits, while a boob job saw her go up two cup sizes.

\$8000

TUMMY Liposuction to flatten her tummy and define her abs.

\$6000

LEGS Monthly circulation-boosting roller massage treatments to keep her gams looking gorgeous.



Green's



We love a long weekend



How do you make a long weekend even better? Start with Green's Pancakes. Quick, easy and a sure way to impress.



Find us on Facebook at Green's Baking Australia

There are serious fears Kylie will go totally off the rails



ROB'S BACK IN REHAB!

After more than a year of concerns from his worried family, Rob Kardashian, 28, has reportedly entered treatment once again for alcohol, sizzurp and marijuana abuse. Sources say the sock designer has checked into a Florida rehab centre that deals with alcohol and drug addiction.

Suss on her sis

Kylie chose her mister before her sister on her trip to Monaco.

Kylie's DRUG S



Is Ky flaunting her bod for attention in her latest fashion shoot?

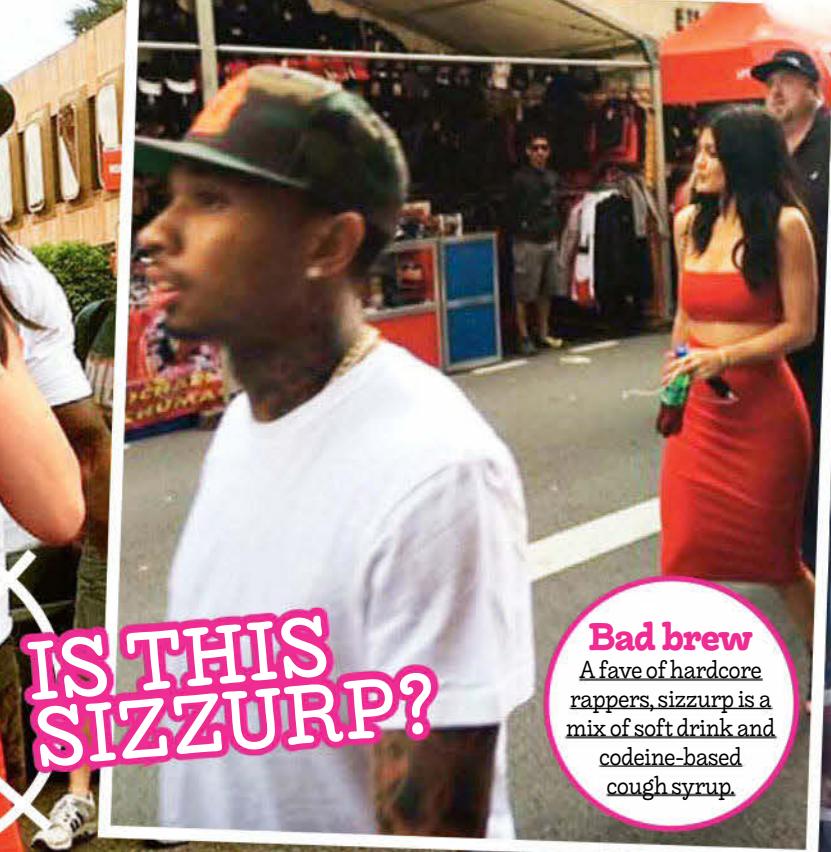
Fears are growing over the troubled teenager's erratic behaviour!

The last few months have been rough on young reality star Kylie Jenner, who is still reeling from the epic shock of her 65-year-old dad Bruce's transition into a woman.

But despite keeping up appearances in public, behind closed doors, the cracks are starting to show – and a tragic picture of a deeply damaged teen is beginning to emerge.

Fears are growing that Kylie is turning to drugs and alcohol and could even be heading to rehab like her bro Rob Kardashian, 28.





IS THIS SIZZURP?

Bad brew

A fave of hardcore rappers, sizzurp is a mix of soft drink and codeine-based cough syrup.

SCANDAL

Indeed, just weeks after a leaked video appeared to show Kylie admit to being "high as f**k" – which she insists is a misunderstanding – the 17-year-old was busted in Monaco drinking what's believed to be the codeine-laced party drink sizzurp.

"She was being very blatant with it yesterday... stepping out carrying a bottle of 'Dirty Sprite'. That's what the hood calls it when you mix codeine syrup into a Sprite bottle," reports celeb gossip website MediaTakeOut.com.

Now, sources are saying it's just a matter of time before she goes off the rails completely – and there's nothing her globally famous family can do to stop it.

“PEOPLE FORGET SHE’S JUST A KID”

Her protective father Bruce is desperate to help, but even he admits, "She's kind of shut me out lately."

Kylie's been freezing out the rest of her family, too.

The teen – who has admitted, "I hate my life" – even travelled to the Monaco Grand Prix with her controversial rapper beau Tyga, 25, rather than her BFF model sister Kendall, 19.

It seems troubled Kylie believes Tyga is all the family she needs – despite the fact he's been publicly accused of cheating on her multiple times.

"Sure, she's rich and famous, but she's also a regular teenager. People forget she's still just a kid," says a friend. "She's going through a really tough time right now." ■

BRUCE ‘I’M ALL WOMAN... and now I want a man!’

Now that he's an out-and-proud transgender woman, Bruce Jenner isn't wasting a second making the switch from he to "her". In fact, a close source claims the father-of-six has already undergone the gender reassignment surgery to complete his transformation!

"The surgery was done after-hours, three weeks ago, and staff in the facility was minimal," confirms the insider.

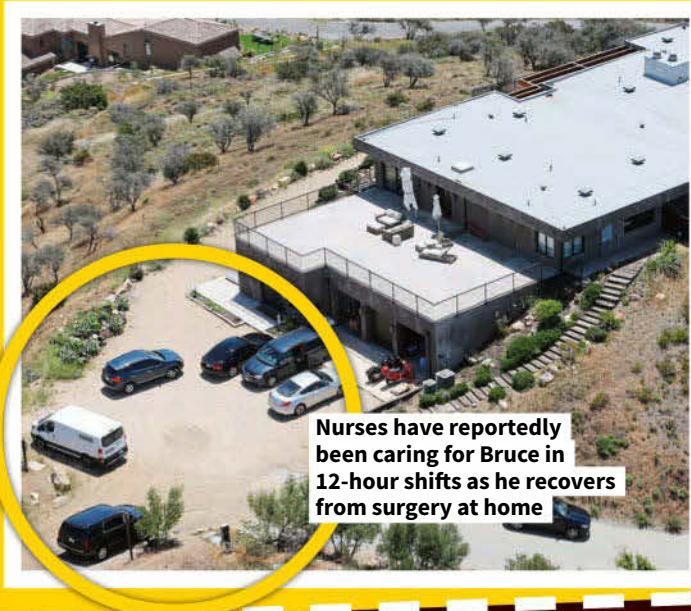
"Nothing was left to chance. Bruce arrived in the backseat of an SUV, and left hours later the same way. One of Bruce's closest friends even drove

around before the SUV left to make sure the coast was clear."

Since then, sources say Bruce has been recovering within the walls of his secluded Malibu mansion, tended to by around-the-clock medical practitioners.

But once he's back on his feet Bruce says he'll be hitting the dating scene – and he may not rule out men! Indeed, despite Bruce insisting he's heterosexual, journalist Richard Lasko claims he had an affair with a male friend back in the '80s.

"They had a real relationship," Lasko insists. "It wasn't a one-night stand."



Nurses have reportedly been caring for Bruce in 12-hour shifts as he recovers from surgery at home



Blake & Ryan

IS THE FAIRYTALE OVER?

Sleepless nights and bitter fights are taking their toll on the couple's marriage

Once upon a time, life was perfectly dreamy for Hollywood golden couple Blake Lively and Ryan Reynolds.

But after less than three years of marriage, their fairytale romance has become a genuine nightmare.

Things are so bad between the pair – who haven't been seen in public together since February 28 – friends fear they're set to split!

So how did things go so horribly wrong for the cute couple?

While ambitious Blake has loved playing mum to their six-month-old daughter James, the fact that her competitive hubby is putting his career above their family has her seeing red.

But Ryan is so resentful that his missus's drama *The Age Of Adaline* whooped his flop flick *Woman In Gold* earlier this year, he's determined to make his new comic-book movie *Deadpool* a hit – even if it means putting Blake's needs last!

For her part, the 27-year-old – who recently admitted, "I do everything, he does nothing!" – is furious she's been left holding the baby in suburban

Bedford, New York, while her hubby's off playing superhero in Vancouver.

Indeed, friends say it's like 38-year-old Ryan isn't even trying.

Making matters worse, his heartbroken wife had to miss last month's star-studded Met Gala – which is reported to be her favourite annual event – due to Ryan letting her down.

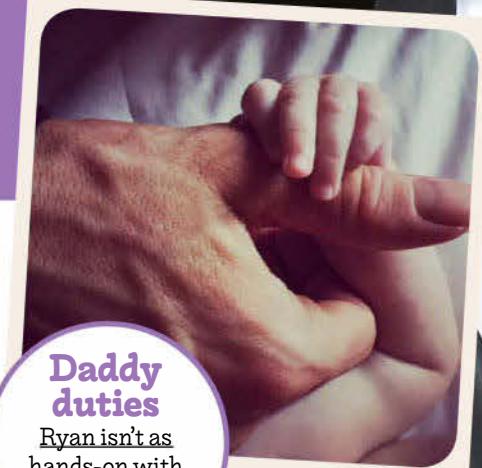
"He was supposed to come back from Vancouver, but bailed at the last minute," spills our insider. "She was devastated."

And while trying to juggle motherhood with an acting career and running her lifestyle website Preserve is hard enough, throw in the serious case of sleep deprivation she's suffering and it's a recipe for disaster!

"Blake's so fed-up," adds our insider. "She's told Ryan to start helping out more or she'll sign them up for couple's counselling, something the actor despises." ■

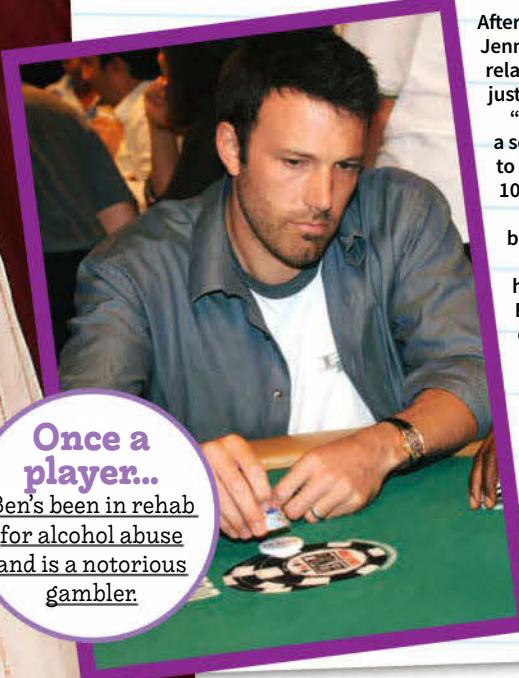
Daddy duties

Ryan isn't as hands-on with James as Blake would like.





JEN MOVES OUT



After months of concern from friends, Jennifer Garner and Ben Affleck's relationship has drawn its last breath just short of a decade of marriage!

"They're already separated," confirms a source. "He wants an official statement to come out a few weeks before their 10th anniversary on June 29."

While it's sad news, the writing has been on the wall for some time.

Instead of being by Jen's side for her birthday last April, 42-year-old Ben was partying wedding-ring-free on a solo trip to Nova Scotia, Canada.

What's more, whispers suggest the mum-of-three has been struggling to deal with her man's wandering eye and gambling binges!

Now, word is 43-year-old Jen has left the family's LA home and temporarily moved to Montreal to film her new comedy *Nine Lives* – leaving Ben to look after their kids Violet, nine, Seraphina, six, and Samuel, three!



Bey & Jay Baby it

The cosy couple take a romantic trip to Florence as pregnancy rumours fly

After months of dramatic divorce whispers, Beyoncé and Jay Z have delighted fans by doing a complete U-turn, stepping out in Florence looking like a pair of starry-eyed newlyweds!

There wasn't even a hint of their recent frostiness as Jay, 45, protectively draped his arm around his wife of seven years. And Beyoncé could barely

wipe the cheesy smile off her dial as they strolled through the city's picturesque cobbled streets.

So what gives? Word is the crazy-in-love pair have called a ceasefire as they gear up to welcome a brother or sister for their three-year-old daughter Blue Ivy!

"Beyoncé and Jay are playing coy, but their behaviour totally backs it up," spills our exclusive insider.

"They've gone from constantly arguing to

Baby bliss

"No wonder they're so happy, they've been wanting another child for ages," says our source.

Why is Beyoncé so keen to hide her belly?

It doesn't get much more romantic than Florence!

K-STEW'S PUBLIC DISPLAY OF AWKS



The pair haven't looked this happy in months

They're in love!

being inseparable, and now those in their inner circle have been calling their trip to Italy a babymoon."

While Queen Bey, 33, is keeping quiet about any baby news for now, her actions have been doing all the talking.

Not only has she been swapping figure-hugging, belly-baring ensembles for baggy dresses and sweaters, she's also completely cleared her work schedule!

"The timing couldn't be better. It's a huge change from when she was pregnant with Blue and had to do all these performances," adds

our source. "This time, they can focus on their family and enjoy this very special moment." ■



Why so protective all of a sudden, Jay?

Kristen Stewart wasn't a fan of PDA when she was with Robert Pattinson – and judging by these uncomfortable snaps of the star and her girlfriend Alicia Cargile, nothing has changed!

So why pretend? Well, rumour has it the cuddly public affection during their stroll in LA was 25-year-old Kristen's ticket out of the doghouse after being romantically linked to *Divergent* actor Miles Teller.

"Alicia was clearly smitten and couldn't keep her hands off Kristen," notes an onlooker. "But K-Stew couldn't have appeared less enthusiastic if she tried. She barely looked at Alicia the whole time."

Smile, Kristen – you've got some making-up to do!



'I know you can hear me'



'I wish you could be more like Jay'

'I've got 99 problems and a hug is one'

On a leash

With K-Stew's history of infidelity we're not surprised Alicia's got a tight grip on her.



Khloe Sleepin' the c

SIZZLING SUPPER

Rick even scored a tender embrace after their Mexican meal. Spicy!



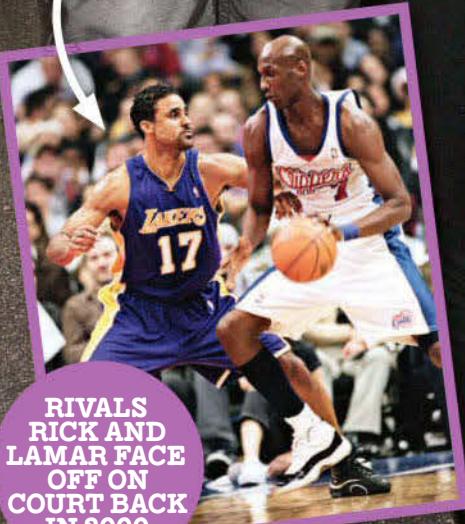
OUT TILL LATE

The pair didn't leave until 1am!



ATTENTION SEEKER

From dishy dates to sexy selfies, khloe's doing all she can to pique Lamar's interest – and it's working!



RIVALS
RICK AND
LAMAR FACE
OFF ON
COURT BACK
IN 2000

ng with enemy!

The hot date that brought Lamar begging for a second chance

She's tried every trick in the book to get her estranged hubby Lamar Odom to recommit. But it turns out all Khloe Kardashian had to do was date his frenemy Rick Fox!

Indeed, Lam-Lam barely batted an eyelid when

his ex hooked up with on-off beau French Montana last year, but it's a different story now that his one-time basketball rival is on the scene.

Just days after KoKo enjoyed a cosy dinner with 45-year-old Rick at popular Sherman Oaks Mexican restaurant Casa Vega, Lamar broke his silence.

"Still my girl," the 35-year-old declared when confronted by reporters. "That's my wife!"

Asked whether there's still a chance of a permanent reunion

with the reality star, Lamar was just as adamant.

"Of course," he replied.

That's no doubt music to Khloe's ears, as her cosy dinner was all part of a clever plan to get his attention!

"This was 100 per cent a message to Lamar," confirms our exclusive insider. "Why else would Khloe have chosen Casa Vega – one of the most public restaurants in LA?"

In a further bid to lure her husband back, Khloe, 30, has been sexing up her image big-time, flooding Instagram with a series of sizzling snaps that show off her slimline new physique! After all, it's no secret that

heartbroken KoKo's been pining for a reconciliation. Not only has she done nothing to finalise things since filing for divorce in 2013 over Lamar's cheating and drugs scandal, but her cryptic social media posts alluding to lost loves and shattered dreams speak volumes.

Let's hope it all works out for her this time! ■

**'THIS WAS
100 PER CENT
A MESSAGE
TO LAMAR'**

Lamar's wants his lady back!

"That's my wife!"



LAMAR BOUNCES BACK!

Having kept a low profile of late, Lamar looked happier and healthier than ever as he posed up a storm with fans in LA and Las Vegas recently!

Appearing noticeably rounder and beaming from ear to ear, the disgraced basketball star seems to be

taking all the right steps to get back on track in the wake of his reported treatment for crack cocaine addiction.

"He's been sober for six months and is determined to prove he's a changed man," spills an insider.

Way to go Lam-Lam – we're so proud of you!





**Marching
to the beat
of her own
drum!**

CARA'S
HELL

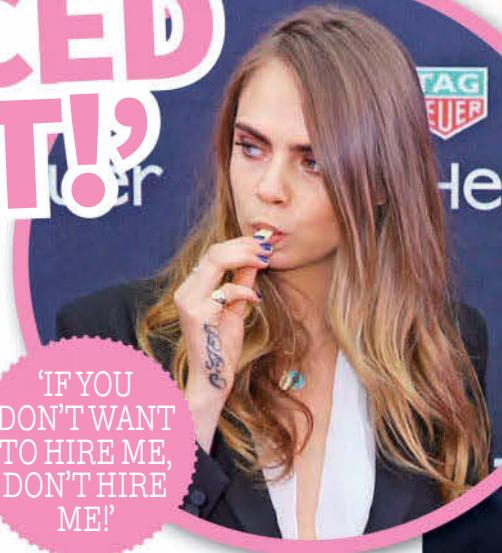
'I WAS FAT-SHAMED & FORCED TO DIET!'

The love affair between designers and the former It-girl is over – and she's stoked!

There's no denying Cara Delevingne has gained a few curves, but she's still a babe by anyone's standard – well, except for modelling industry bigwigs, who've reportedly shunned the 22-year-old!

"It's horrible living in a world where I'll get a call from someone saying, 'So-and-so says you were partying a lot, and you were looking this way, and you need to lose weight,'" Cara says of the superficial fashion scene. "It makes me so angry."

And while her model pals Kendall Jenner, 19, and Gigi Hadid, 20, were frolicking on fancy yachts and flirting with millionaires at the Monaco Grand Prix, Cara seemed to avoid the fash pack completely.



But there's nothing like landing a role in a blockbuster or three to take the sting out – the brash Brit's so chuffed with her roles in *Paper Towns*, *Suicide Squad* and *Pan* that she couldn't give two hoots about modelling!

After all, having admitted her real ambition is acting and that the "empty" modelling world "wasn't something that made my heart beat", Cara – who's also gushed about her "insane" experiences of film-set camaraderie – is exactly where she wants to be.

Sounds to us like the London lovely's scored a healthy attitude to go with those healthy curves! Go, girl! ■

Going to the chapel?

Having landed her dream career, Cara's set her sights on settling down, reportedly popping the question to her 32-year-old muso girlfriend St Vincent!

Yep, word is that the romantic glamourpuss got down on bended knee during their whistlestop visit to the Cannes Film Festival.

Sadly, Cara didn't get the answer she wanted – which is hardly surprising considering they've only been dating for four months.

"Cara's telling everyone she's met The One, so she got down on one knee and presented her with a huge ring. St Vincent just laughed her off," says our insider.

Knowing our Cara, she won't give up that easily!



Cara's cosy
in Cannes with
her ladylove

• What? •
• MAKES THIS •
OUR BEST

coffee

yet?



New NESCAFÉ® Gold Barista Style is a perfect combination of premium instant coffee with added finely ground roasted coffee beans, inspired by café-quality, barista-made coffee. There are two blends to enjoy – Smooth, with its rich, well rounded taste and a layer of silky golden crema, or Intense with a sharper, dark, full-bodied flavour and deep aroma. So once you try it, we're sure you'll agree, it's our best coffee yet.

It all starts with a NESCAFÉ®



Beefing up for the BIG BUCKS

Steroids, starvation and sadistic workouts – how far will Hollywood's leading men go to bag the best roles?

Eye-watering exercises and ultrastrict, kilojoule-controlled diets are par for the course in the fiercely competitive world of Tinseltown – but it's not just leading ladies feeling the pressure to look hot.

A growing number of guys are going to terrifying lengths to bulk up in the belief it will land them the big roles – and even bigger bucks!

Rocking a naturally buff physique paid off in spades – and millions of dollars – for *Batman's* Christian Bale, 41, not to mention Chris Hemsworth, 31, who packed on 9kg of brawn for *Thor*. Meanwhile, Chris Evans, 33, hit the gym hard before *Captain America*, and Jason Momoa, 35, added 13kg for *Conan The Barbarian*. But for those not blessed with a beefy build, simply pounding protein shakes and pumping iron isn't always enough to get them one.

Disturbingly, this means many men in Hollywood have resorted to crash-dieting and even injecting themselves with muscle-making human growth hormone (HGH) or performance-enhancing drugs (PEDs).

According to trainer-to-the-stars Happy Hill – who's helped sculpt Ryan Phillippe, 40, and 34-year-old Jake Gyllenhaal's frames – around 20 per cent of actors use PEDs.

"HGH is on the scene now more than ever," he reveals. "[People] are looking for the perfect gym body and they want a shortcut."

But many aspiring stars fail to realise that using HGH can come at a high price, including such severe side effects as diabetes and heart failure. Studies also show they can increase the risk of some cancers.

'THESE SALARIES ARE DEPENDENT UPON HOW THEY LOOK'

"The more actors learn about it, the more they tend to use it," says Vlad Yudin, the director behind 2013 bodybuilding doco *Generation Iron*.

It's not just screen idols going for the quick-fix solution either. Justin Bieber, 21, is said to have transformed his once-puny frame using the drug Clenbuterol.

"Justin's been taking steroids to give himself a sixpack," a source claims. "His physique has gone from boy-like to muscled in a very short time."

In fact, high-profile agents and managers say steroid use is so common that it's become the worst-kept secret in showbiz, with industry bosses turning a blind eye to the potentially lethal practice.

"The pressure to perform in Hollywood is no different than it is in Major League Baseball," explains performance coach and nutritionist Mike Dolce.

"These are people whose salaries are partially dependent upon how they look.

"Unfortunately, for those who take drugs, it's a short-term improvement followed by a crash," he adds. "Their bodies and hormonal chemistry go to hell."

Of course, there are still plenty of stars going the hard yards rather than risking their health.

"I would never take steroids, I think nothing is worse. I had to do an hour and a half in the gym every morning," says Hugh Jackman, 46, about getting in shape to play Wolverine.

"I've never touched a steroid or hormone," insists Joe Manganiello, 38. "I hear rumours, but I don't judge people who have. That's their life experience." ■

ZAC EFRON THE LUCKY ONE

Hitting the gym six times a week keeps Zac in super-sexy shape



JARED LETO SUICIDE SQUAD

Naturally skinny Jared is eating around the clock for his role as The Joker

CARB LOADING

Physically prepping for a role the natural way is tough, says 43-year-old Jared Leto, who's pumped to play The Joker in *Suicide Squad*. "I'm trying to gain a lot of weight," he says. "I have to eat every couple of hours – and I'm terrible at eating a lot."

MUSCLE MADNESS

While some stars, like Aussie hunk Chris, are known to have achieved their chiselled chests naturally, others need a little help. And with actors typically given only one or two months to be ripped and ready to shoot, it's no wonder some resort to drastic measures.

MARK WAHLBERG PAIN & GAIN

Insiders deny Mark used drugs to gain 18kg to play a bodybuilder

JUSTIN BIEBER

A source claims Biebs used roids to go from boyish to buff

Flexing movie muscle

JOE MANGANIELLO MAGIC MIKE XXL

Instead of steroids, it was healthy on-set competition between the hunks that drove Joe to get even buffer!



JAKE GYLENHAAL SOUTHPAW

Jake was doing 2000 sit-ups a day to bulk up his bod!

CHRISTIAN BALE BATMAN BEGINS

Mr Bale's Batman build was strictly down to hard work!



This week's **BIG QUESTIONS**

Cheat's guide to all the goss!

1

DID JONATHAN GO TO REHAB?



Insisting he's "on the mend", *The Tudors* star Jonathan Rhys Meyers has reportedly checked in for treatment after being snapped drunkenly swigging vodka from the bottle in London last month.

"I apologise for having a minor relapse and hope that people don't think too badly of me," the 37-year-old – who's been to rehab six times for alcohol abuse – wrote on his fiancée Mara Lane's Instagram account.

"I was on my way home from a friend's and had not changed. I feel I made a mistake and feel quite embarrassed but this was just a blip in my recovery otherwise I'm living a healthy life."

Good to hear!

Sobering thoughts

JRM is committed to staying off the grog for his fiancée Mara.

2



Not so Fancy now

Nicki's fans are rallying against poor Iggy!



3 WHAT'S GOING ON BETWEEN JAKE & RITA?

Following reports her romance with rapper Ricky Hilfiger is on the rocks, Rita Ora's been seen getting cosy with Jake Gyllenhaal at the Cannes Film Festival's amFAR gala!

Between tenderly cuddling the 34-year old and laughing at all of his jokes, the singer couldn't keep her eyes – or mitts – off him.

But back in the UK – where Rita and her beau share a pad – it was business as usual for Ricky, who brushed off split rumours by posting a cute snap of himself with Rita's dog Cher.

Hmm... A major case of denial, perhaps?

WILL IGGY EVER CATCH A BREAK?



Iggy Azalea can't seem to land any respect from her peers in the music industry!

Nearly 16,000 Nicki Minaj fans have signed a petition to strip Iggy, 24, of her 2015 *Billboard* Music Award for Best Rap Song – as her single *Fancy* was released a month before the competition window began!

But a *Billboard* spokesperson backs Iggy's win, as *Fancy* was the most popular song during the judging period.

"The *Billboard* Music Awards are based on Nielsen sales data and chart performance, not the song's release date," explains the source.

ARE HEIDI & SEAL STILL HOOKING UP?

We were devastated when they divorced in 2014, but news that Heidi Klum and Seal may be giving their marriage another go has sent our hearts aflutter! Yep, a new report claims the exes had a steamy rendezvous when Seal, 52, visited the 41-year-old to discuss their kids – Leni, 11, Henry, 10, Johan, 9, and six-year-old Lou!

"The two ended up having ex sex according to the nanny who walked in on them," alleges celeb news website *Crazy Days And Nights*.

Wonder how their respective new partners Vito Schnabel, 28, and Hermione Underwood, 27, will take the news!



4

It's time for Sam's happily-ever-after!



5

HAS SAM FOUND LOVE ALREADY?

She was left high and dry by love rat Blake Garvey on *The Bachelor* last year, but it looks like sexy Sam Frost, 25, is back on track for love in first-look snaps from *The Bachelorette*.

The newly brunette stunner was spotted enjoying an intimate date with a handsome tradie hunk named Dave Billsborrow, 29 – in the middle of the Sydney Cricket Ground!

And if Dave looks familiar, there's a reason for that – he was in the running for 2014's *Cleo Bachelor Of The Year*. But don't let that fool you into thinking he's only after fame!

"There's no act with him... [Dave's] genuinely looking for a normal girl," stresses his good mate Kevin O'Kane.

Indeed, the 29-year-old insists he's after a "laidback" babe with a "good attitude" – which sounds exactly like Sam!

This week's **BIG QUESTIONS**

Cheat's guide to all the goss!

6

FILL 'ER UP!
The girl may
deny but the
lips don't lie!

THEN



NOW



HAS **BELLA** HAD PLASTIC SURGERY?

"If it ain't broken, don't fix it" is an expression Bella Hadid has clearly never heard, if reports she's gone under the knife are anything to go by!

Indeed, photos taken in 2010 have surfaced showing the 18-year-old model with a dramatically different-shaped nose.

What's more, her pout is looking suspiciously plumper, prompting speculation the teen has been undergoing cosmetic procedures for years.

This isn't the first time Bella – whose big sister is fellow model Gigi, 20 – has been the subject of surgery claims. In fact, a Twitter account with the handle @bellahadidb4surgery that's dedicated to her tiny tweaks, including an alleged boob job.



SHADY LADY
That looks like
more than just
clever contouring!

**Face
forward**

Is young Bella
starting to get
a nose for
surgery?

7 **DOES LOURDES HAVE A PROBLEM WITH KYLIE?**

Kylie Jenner admits she has trouble making new friends, so it must have been painful when her attempts to bond with Madonna's daughter Lourdes Leon, 18, were rebuffed!

Convinced they're kindred spirits, Kylie, 17, reached out to her fellow teen last month – and Lourdes has trash-talked her since.

"Lourdes was horrified," reveals our exclusive insider. "She thinks Kylie and her sisters are vile and has made a big effort to avoid being in the same room as them."

The teen talons are out!

**Firm
frenemies**
It seems Lourdes
doesn't care to
keep up with
Kylie!



8

SHOULD CHRIS BE WORRIED?

Chris Martin is convinced *Mad Max: Fury Road* star Nicholas Hoult is trying to steal back his on-again girlfriend Jennifer Lawrence.

And with the 25-year-old Brit and Jen, 24, reunited on the set of *X-Men: Apocalypse* – where we hear they've been getting cosy – perhaps Chris has reason to be concerned.

"Nic's convinced they're soulmates," says a source close to the exes, who looked pretty friendly in this on-set selfie. "He's playing it well and concentrating on what he knows attracts Jen – making her laugh."

Coldplay rocker Chris, 38, might want to quit hanging out with his ex Gwyneth Paltrow and spend some time with Jen before it's too late!



Chris needs to smarten up and get to J-Law's side – like, now!



Miley Ray Cyrus
@MileyCyrus
Duh voting @TheBlu tonight ❤️❤️❤️

She's known Rumer Willis for years – starring with her mum Demi Moore in 2012 flick *LOL* and partying with her sister Tallulah, 21.

But the 22-year-old has become so enthralled by her pal's fit bod on *US Dancing With The Stars* that she wants to take it further!

"She's begged for a night out," says our insider.

"Rumer will be in for quite a shock when Miley makes a move over the dinner table!"



9

IS MILEY SWEET ON RUMER?

10

ARE KATE & MATT BACK ON?

When Muse frontman Matt Bellamy, 36, stepped out with a hot blonde at the Cannes Film Festival's amfAR Gala, we thought he'd reunited with former fiancée Kate Hudson.

But it turns out the leggy lady wasn't his babymamma – it was his new look-alike girlfriend Elle Evans!

Matt and the 25-year-old model – who met through mutual friends in February – were spotted getting super hands-on, with Elle even gushing on Instagram, "Left my heart in the south of france," after their romantic romp.



Matt's new love looks an Elle of a lot like Kate!



ALWAYS WINE-ING

And we don't mean complaining – yep, Maz is a secret booze hound! "She drinks white wine out of a ginger ale can. She sips it through a straw, so it looks like she's just drinking ginger ale," says one aide. "[Her] assistants have to carry backpacks filled with wine so that if Mariah's can ever needs a refill, they can go to a nearby bathroom and fill it up for her."



KEEP CALM AND CARRY HER

According to British TV show *GMTV* host Kate Garraway, Mariah demanded two flunkies carry her onto the set and lower her onto the sofa so her dress didn't wrinkle! "While Mariah was very nice, the amount of people she had in her entourage was hilarious," says Kate. "They outnumbered the entire *GMTV* crew."

And we don't mean complaining – yep, Maz is a secret booze hound! "She drinks white wine out of a ginger ale can. She sips it through a straw, so it looks like she's just drinking ginger ale," says one aide. "[Her] assistants have to carry backpacks filled with wine so that if Mariah's can ever needs a refill, they can go to a nearby bathroom and fill it up for her."



LEFT IS BEST

Mimi insists the camera only capture her best angles, so she only allows herself to be photographed from the left side.

Welcome to PLANET Mariah



SO MANY MINIONS

HRH Carey never does anything for herself – she doesn't need to! She has a 15-strong entourage which is said to include a cleavage adjuster as well as a designated umbrella holder whose duty it is to protect Mariah's baby-soft skin from damaging UV rays.

ACHILLES HEELS

She can't wear flats – literally. Mimi even works out in heels! "Even at home, she'd walk around on tippy toes when she was barefoot," spills a friend. "Mariah said she'd worn heels for so long that her legs didn't work unless she was wearing them."

She's weird, she's wacky and she's totally out of this world!



LAIDBACK MEALS

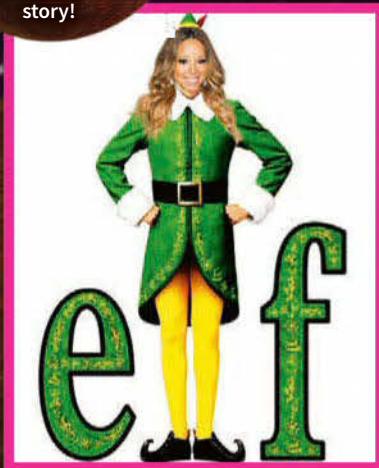
Like any good diva, Mariah will only eat lying down. "There is a Roman-style chaise longue in her marble kitchen," an insider spills. "Because she likes to recline while she eats."

LOONEY TUNES

The elusive chanteuse insists on having background music. "When she had people over, she'd have people on her staff follow her with a portable speaker, playing music," says a former employee. Why? "So she could make an entrance with a theme song."

CANDLE IN THE WIND

Mariah once refused to enter a hotel until management rolled out a red carpet lined all the way down with white candles. True story!



HIGH ELF ESTEEM

She believes she's the female version of Will Ferrell's character from the Christmas comedy *Elf*. "I'm him, but the girl version!" the *All I Want For Christmas Is You* singer has said. "I'm like a five-year-old, I'm the kid still waiting for snow."

EYE SPY

The "No eye contact" rule is a real thing – yikes! "You don't look at her and don't talk to her," explains a friend.

STEAMED UP

Mariah sleeps with 20 humidifiers around the bed to preserve her voice. "It's like sleeping in a steam room!" she says.



LIFE IN THE FAST LANE

The definition of a diva hasn't used public transport for more than 20 years. "I've already been on the bus, I don't need to get back on the bus," she insists. And why would she, when she has her own private jet?

LIVE LIKE COMMON PEOPLE

Mimi never, ever mixes with "regular" folk. "If Mariah was in a hotel, the lobby would be made secure and she'd be walked through to the elevator.

In her suite, room service is waiting," spills a pal. "She never even sees a bell person, never has any normal interactions."

The WEEK in CSCS





Once she sees a pole, there's just no stopping her

'OK, that's step class sorted'

'Watch out for pirates coming after our booty'

Hot to yacht

Girls just wanna have fun – so in that respect, **Kendall Jenner, Gigi and Bella Hadid and Hailey Baldwin** are just like the rest of us. Unlike regular fun-seeking femmes, though, they're having a blast in Monte Carlo aboard a mega-yacht the day before the Monaco Formula One Grand Prix.

'I suddenly feel overdressed'

'What can I say – ship happens!'



Riviera of dreams

Pharrell Williams may have slipped on his producer's hat for new flick *Dope*, but he's taking a pretty casual approach to promo duties in Cannes with actress **Zoe Kravitz**. The chilled-out pair are maxing and relaxing on the beach at the prestigious film festival.

Pharrell reckons he's on to a shore thing with Zoe!

School of Rock

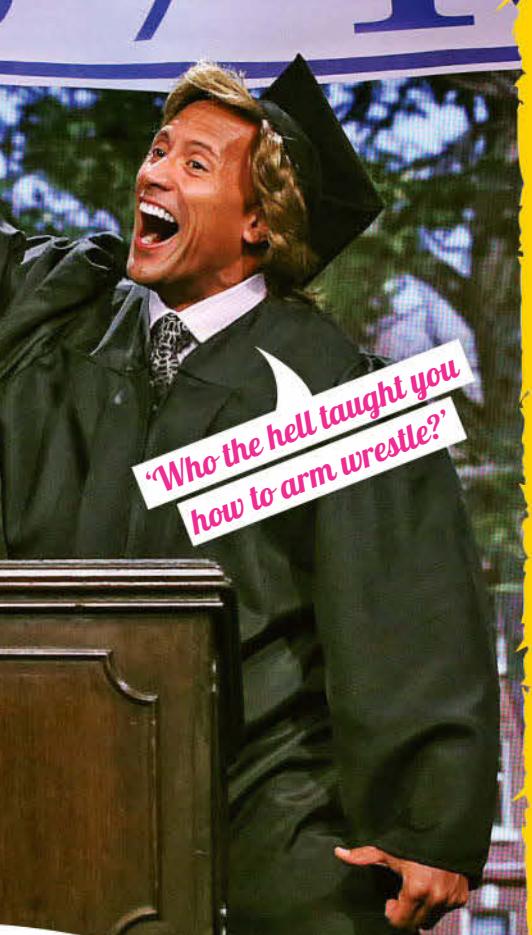
We didn't realise **Dwayne "The Rock" Johnson** and **Jimmy Fallon** graduated high school together! The pair are delivering a hilarious speech to a fictional Class Of '89 as part of a *Tonight Show* skit in New York.

'She'll never sit on the Iron Throne... I mean pram'



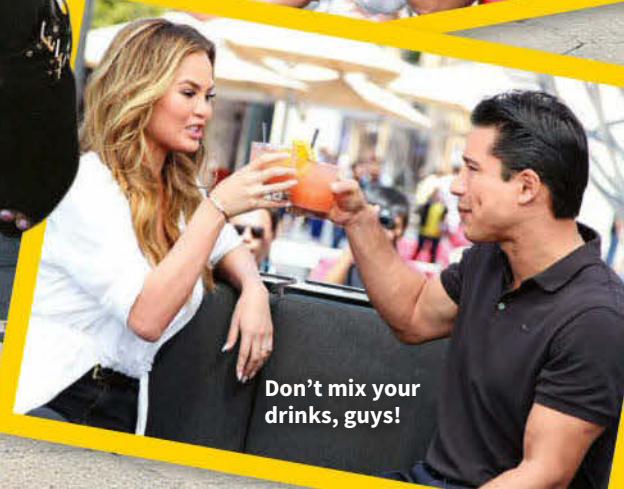
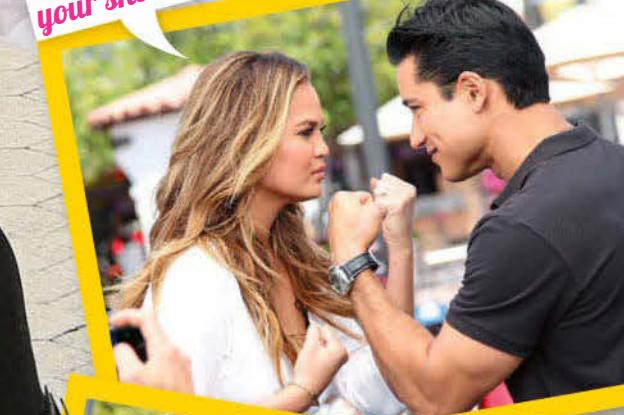
Baby on board!

Peter Dinklage doesn't mind being a shoulder to, er, ride on. The *Game Of Thrones* star's giving daughter **Zelig** a piggyback while out in New York with his actress wife **Erica Schmidt**.



Chrissy Teigen isn't about to let **Mario Lopez** get the better of her. Just when it looks like the pair are about to come to blows on the set of *Extra* at Universal Studios, the model manages to smooth things over with a sneaky cocktail! We like the way she drinks... er, thinks!

'And I say it's your shout!'



The WEE PIG



'Spoons in tune

If you didn't know **Ava Phillippe** was **Reese Witherspoon**'s 15-year-old daughter, you could be forgiven for mistaking the pint-sized pair for twins as they hit Sephora in Beverly Hills for some make-up shopping. Ava's even dyed her hair blue to make it easier to tell them apart!





'Is there something
in my teeth?'

'Yep, let me get it out
with my tongue'

This is a job for Cooper man!

Bradley Cooper and **Irina Shayk** are taking their love across the pond and they don't care who knows it! The pair look all sorts of cute in London, where the actor is currently starring on stage in *The Elephant Man*. Let's just hope they don't bump into Bradley's British model ex Suki Waterhouse. Things could get awkward...

He's upgraded
to the latest
model!



The WEEK PICS in

Not another shady competition!

'I thought I'd check out the singlets scene'

Don't worry, mate – Nic seems to have a handle on it



Nic's having a barrell of fun

Nicole Richie's marriage woes appear to be the last thing on her mind as she displays that trademark bubbliness while out in LA. She and her bandana-rocking gang are filming some sort of prize-drawing scene for her TV show *Candidly Nicole*. Did we win?



We've still never actually seen her eat a sweet treat...



Cold comfort

She's been called an ice queen in the past, but there's nothing frosty about **Bethenny Frankel** as she and her cute-as-a-button daughter **Bryn** pose up with their frozen yoghurt and ice-cream in a New York park. Talk about a sweet selfie sesh!



KoKo goes cray

Sometimes you need to let your hair down and kick up your heels – and that's exactly what **Khloe Kardashian** is doing with her twin-sister pals **Khadijah** and **Malika Haqq** at 1OAK in Las Vegas!



Is it goon o'clock already, Kate?



What a drag!



This shoot's certainly well Kated for...



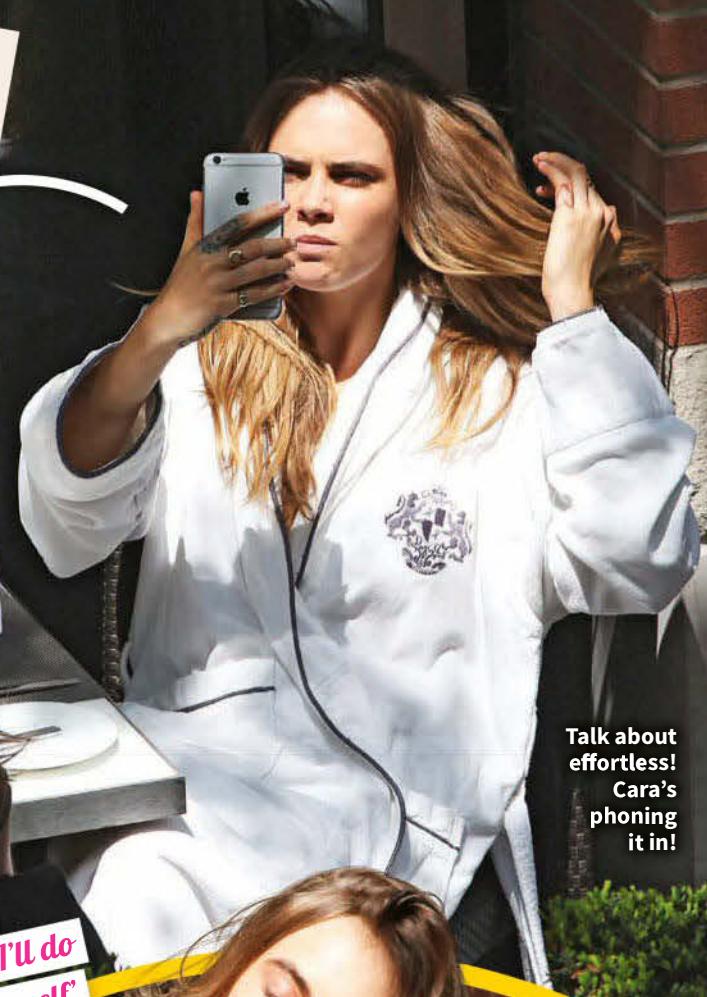
Ladies who lunch

Forget giving up solid food in the lead-up to a major modelling gig – **Kate Moss** and **Cara Delevingne** are so refreshingly laidback they happily fill their faces midshoot! The Brit beauties are enjoying a slap-up lunch of smoked-salmon bagels, wine and selfies while taking a break at a cafe in Toronto, Canada – where Kate manages to get told off by the manager for lighting up in the non-smoking section. Naughty!



'Wait, did I just eat my cigarette?'

We love Kate and her crazy capers!



Talk about effortless! Cara's phoning it in!



'Bugger it - I'll do this shoot myself'

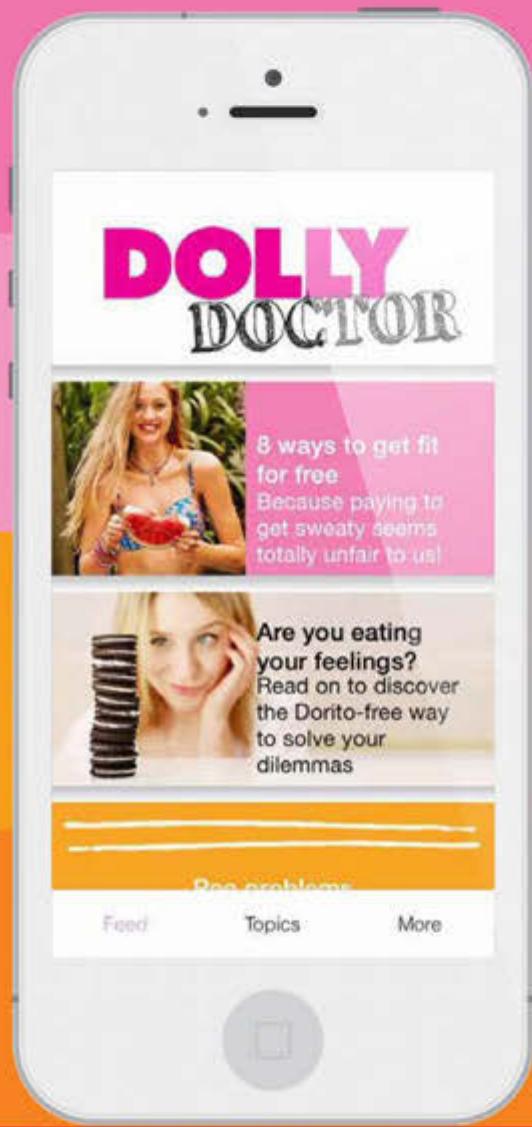


Get this girl another coffee, stat!



**DOLLY
DOCTOR**

DOLLY DOCTOR ANSWERS ALL YOUR QUESTIONS



FASHION & BEAUTY TIPS / HOW-TO VIDEOS / EVENT COVERAGE
INTERVIEWS & MORE!

Search for **Dolly Doctor** on the



BONUS
8-PAGE
MAG

KEEPING FIT WITH THE

Kardashians

Your guide to getting the famous family's fabulous figures!



KENDALL



KHLOE



KYLIE



KOURTNEY



KIM



KEEPING FIT WITH THE

Kardashian

*Wanna look as good as TV's hottest family?
It's as simple as following in their foxy footsteps!*

They've broken the internet with sexy selfies, smouldered in bikinis and brought bodycon back with a vengeance – and the Kardashians are only getting hotter, thanks to their fitness philosophies!

Yep, Kourtney, Kim, Khloe, Kendall and Kylie have nailed the art of looking good and reckon it helps having each other as inspo.

"If you really want to lose weight for yourself, then talk to your friends and family about it to get their support," advises Kenny – who knows her sisters have great healthy habits to admire!

"I work out almost every day," says the fam's resident gym-junkie Khloe. "I go to a trainer five days a week and on the weekends, I do cardio and whatever I want to do."

Meanwhile, yummy mummy Kim believes it's all about "no carbs, workout and dedication".

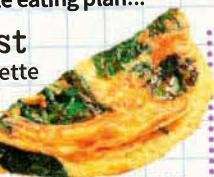
And while the reality stars have personal chefs, nutritionists and trainers on speed-dial to make sure they stay on their game, we've uncovered some of the secrets behind the family's fab figures so you can work them into your own lifestyle! →

KIM'S KARB BAN

Kim ditched 23kg after giving birth to North nearly two years ago with the Atkins diet. By restricting carbs, which are broken down into glucose, this plan aims to encourage the body to tap into its secondary fuel source – fat! According to Colette Heimowitz, vice president of nutrition at Atkins, on a typical day you'll eat around 8000kJ in "proteins like fish, poultry and lean meats, healthy fats like avocado, nuts and olive oil, lots of colourful vegetables filled with antioxidants and fibre, and low-glycemic fruits like berries – essential foods for maintaining energy". Here's a sample eating plan...

Breakfast

Two-egg omelette with cheese and spinach



Lunch

Grilled salmon, asparagus, side salad with creamy dressing



Snack

Hummus with veggies like cucumber, capsicum and broccoli



Snack

Turkey and cheese roll-ups or Greek yoghurt with slivered almonds and blueberries



Atkins mania

At the peak of Kim's dieting, her assistant reportedly carried a bag of celery sticks at all times for snacks.

Dinner

Chicken breast, broccoli, side salad with olive-oil dressing.



ns



Kim gets sweaty

Her tiny waist, toned arms and gravity-defying derriere are testament to Kim's workouts at Barry's Bootcamp – a super-fun Hollywood fitness fave that's part gym, part nightclub. Have a go at trainer Sarah Dussault's (sarahfit.com) mini Barry's Bootcamp chest, back and abs session below!

Shape up

"It's torture but it's amazing."

Kim gushes. "I see a difference right away when I go."



DO EACH MOVE FOR 1 MINUTE!

Treadmill intervals

1. Power walk	4. Jog
2. Power walk	5. Jog
3. Jog	6. Run
	7. Run
	8. Sprint

Treadmill intervals

1. Jog	5. Jog
2. Sprint	6. Run
3. Jog	7. Run
4. Sprint	8. Run

Strength round 1

1. Walk-out plank to four hover jacks (from standing, walk hands out into plank, jump legs apart and together four times)
2. Push-ups
3. Right-arm chest press (lying on a bench on your back, push dumbbell upward from the chest)
4. Left-arm chest press
5. Incline chest press (with bench at an angle, push dumbbells outward from chest)
6. Competition burpee (drop to push-up position, do push-up, jump forward to crouch, launch into jumping jack)
7. Ground to high plank (lie face-down and push up into a high plank, then return)
8. Low plank to high plank (planking on your elbows, push up on to your hands one arm at a time)
9. Deadlift to upright row (holding weights, tilt forward at hips, pause, return to upright, lift weights to chest height with elbows out to sides)
10. Right-arm bent-over row (standing braced over a bench, lift weight to chest keeping arm alongside body)
11. Left-arm bent-over row
12. Renegade row with burpee kicks (from a high plank, lift one weight to your chest, then the other, followed by burpee)
13. Right side plank with single-arm fly (from side plank, hold weight in top hand with arm parallel to floor, raise to point to ceiling)
14. Left side plank with single-arm fly
15. Bent-over reverse fly (bent forward at the hip, weights in hands, lift both arms out so they're parallel with floor)

KEEPING FIT WITH THE Kardashians

Khloe Kardashian

Renowned for pushing herself in the gym, KoKo believes, "Fitness is not about being better than someone else. It's about being better than you used to be."

But on top of the tough workouts, the gorgeous 31-year-old has dropped 6kg simply by reducing the sizes of the portions she eats. With her healthy approach to food and fitness, it's no wonder Khloe's fab figure now rivals Kim's!

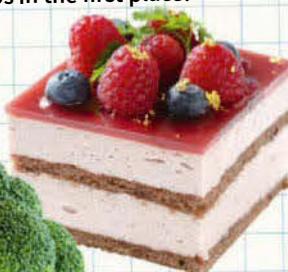
PORTION CONTROL TIPS

"I kind of eat what I want, but in portion control," Khloe explains. "It's really hard. You have to train your body to eat less. Your eyes are bigger than your stomach." Try these tips to cut down your meal sizes...

● EAT FROM SMALLER PLATES

You can still eat everything on it!

learn not to start on the chips in the first place!

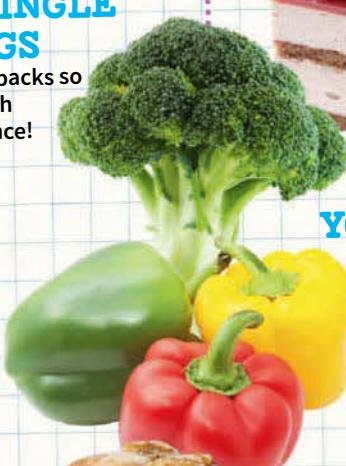


● BUY SINGLE SERVINGS

Ditch the bulk packs so you don't polish the lot off at once!

● FILL UP ON VEGIES

Make half your plate non-starchy vegies – plus a quarter protein and a quarter fat.



● PREPARE YOUR PORTIONS

Separate your servings into ziplock bags in advance so that you're not tempted to eat more than you need.

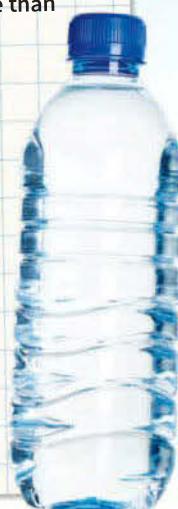
● STAY SMALL

It may only be \$0.50 to upgrade your meal size, but you probably don't need it...



● SHARE!

Order dessert, but cut down on kilojoules by sharing it with a friend.



● EASE UP, TURBO!

Eat slowly so you can savour and appreciate your food.

● LIMIT LIQUID

Swap juice and soft drinks for water.

● NOT EVEN ONE

Once you pop, you can't stop, so





Insta-fit

"Squat!!!! Because no-one ever wrote a song about a small ass," KoKo captioned one of her gym pics.

Build a booty!

Khloe's trainer Gunnar Peterson shares the hardcore sweat session that sculpted her beaut butt!

Side lunge with medicine ball rotation

"Standing tall with a medicine ball at your bellybutton, if 12 o'clock is directly ahead of you, step with your right foot toward three o'clock and tap the medball outside your foot, back by the heel. Return to start position and step to nine o'clock with your left foot, and tap the medball outside the left foot. Go back to the starting position and repeat to the right, then left again. Continue until you've completed 16 to 24 reps."

Advancing woodchops

"Hold a medball by your left ear, standing with your feet together. Step out with your right leg as you aggressively swing the medball in a wide arching circle

out, down and around towards your right ankle. Then step in with your left foot and bring the medball back to the start position. Repeat for 10 reps, then head back in the opposite direction, doing 10 reps again. You can do this in place as well, but doing them moving challenges your balance system and core more."

Squat with crossover step

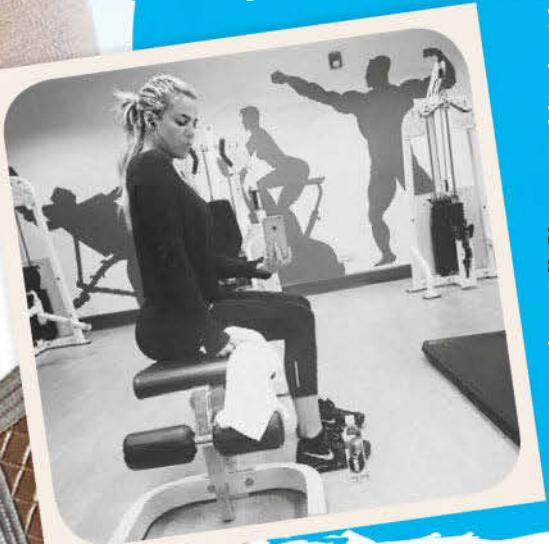
"With weight on shoulders – using barbells, dumbbells, sandbags, etc – do a squat, then do a crossover step to the right. Squat again, do a crossover step to the left, then squat again. Repeat until you complete 16 reps."

Skorcher bridge

"[Lie face up with] your shoulders on an ottoman and your feet on a bed so the [unsupported] hips sink lower than the shoulder – it's key for glute firming, and better than when done on the floor. Bridge hips up and flex your glutes. Do three sets of 25 reps."

Squat to jump squat matrix

"Do 10 body weight squats. Follow immediately with five jump squats. Rest 60 seconds, repeat. Rest 45 seconds, repeat. Rest 30 seconds, repeat. Then you can lie down and curse me..."



KEEPING FIT WITH THE Kardashians

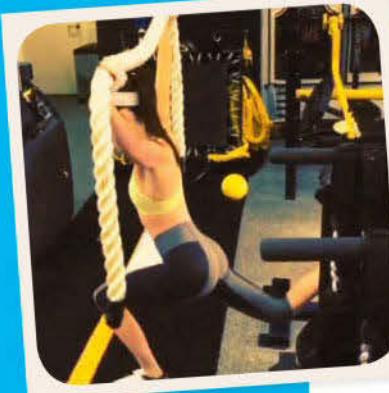
Kenny's stem circuit

As with her big sister Khloe, Kendall's is a body built by Gunnar.

"I do whatever he tells me to do – some cardio, some muscle-building to tone myself up," says Kenny.

Try Gunnar's circuit for legs, arms, back and abs...

- **Wide squats with dumbbells** – legs should be no more than shoulder width apart with weights in hands (15 reps)
- **Forward lunges** – step forward, lunge to 90 degrees, return to start (15 reps)
- **Side lunges with wood chop** – lunge to the side, while chopping toward bent knee with a dumbbell (15 reps)
- **Squat and press** – press dumbbells from shoulders overhead at the top of the squat (15 reps)
- **Stability ball leg curls** – bridge position with feet on a stability ball, keeping hips off the ground roll the ball out to straighten legs, return to bridge (10-12 reps)
- **Cable lat pulldowns** (10-12 reps)
- **Dumbbell rows** – braced over a bench, lift weight up beside body (10-12 reps)
- **Dumbbell bicep curls** (10-12 reps)
- **Close-grip bicep curls** – curl a barbell with hands together (10-12 reps)
- **Crunches** (15 reps)
- **Reverse crunches** – starting with head, back and arms flat on the floor, slowly bring knees to chin, return to start (15 reps)
- **30 seconds of mountain climbers, jump rope, or high knees.**



Run for her money

Kenny even runs to and from the gym to give her burn that extra oomph!



Kendall Jenner

Kendall hones her body like it's a full-time job – because as the family's resident supermodel, it is! The 19-year-old makes her free time count by socialising over activities like hiking, paddleboarding and volleyball, as well as regular gym workouts.

Plus she gets lots of sleep – which keeps her metabolism fired up and her skin glowing!

"I feel like I at least need about seven hours, eight hours of sleep to function," says Kendall. That we can do!

KENDALL'S TEA PARTY

Tea is a great complement a healthy diet – and it definitely works for Kenny! "I usually start my day off with a cup of detox tea," she says.

BEST TEAS FOR WEIGHT LOSS

Green

The compounds in green tea help your fat cells – especially around the belly – release fat so it can be burnt off!



Oolong

You're not into green? Oolong is a floral, fragrant alternative that also packs those chiselling compounds!



White

This yummy tea not only helps burn fat, but studies show it even prevents new fat cells from forming!



Rooibos

This brew provides iron and can also help reduce stress hormones that trigger hunger and fat storage.



Klean eating

As well as her fave teas, Kenny fills up on fresh fruits and veggies, lean proteins, and skips the junk food.



Peppermint

Studies have shown that this delicious beverage can help suppress your appetite!



Kylie Jenner

She's still only 17, so thanks to her youthful super-fast metabolism, Kylie hasn't had to focus much on diet and exercise yet. Jealous!

"It's the Bruce Jenner genes," she says of her father – a former Olympic gold medallist!

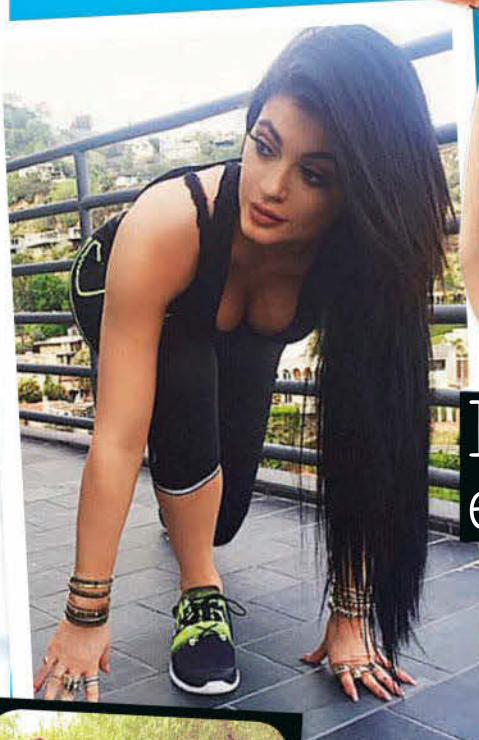
But while she may not be following her big sisters to the gym, she does like to keep moving.

"Being fit to me means staying active," says Kylie.

"We're lucky that we get to travel a lot, so are always on the move, and it's so important to get out as much as possible and just keep active."

Juice boost

Kylie's a big fan of lollies, but she swears by an injection of goodness from "cold pressed juices".



Incidental exercise

When the young reality star does break a sweat, it's always by doing something krazy fun! We've spotted Kylie...

- Trampolining
- Hiking
- Snorkelling
- Wrestling with Khloe
- Stand-up paddleboarding



KEEPING FIT WITH THE Kardashians



Food freedom

"I can never follow a diet," Kourt admits. "I like to have a little bit of everything"



Kourtney Kardashian

Even after popping out three kids, this petite mamma looks fit and fantastic! And since giving birth to son Reign, Kourt's ditched those "14 stubborn pounds [6kg]" and shrunk to 52kg!

"I usually start slowly by going on walks with the baby... but now I'm

in full force," Kourt, 36, says. "I've been working out with a trainer, and having somebody else to work out with really helps motivate me... I also try to eat really clean and at home as much as I can."

And for Kourt, clean means full fat! She eats whole milk, cheese, ghee, coconut oil... "Everything whole!"

Yoga mania!

Kourtney's yoga instructor Leila Johnson says she takes things slow when it comes to budging the baby bulge.

"One of the tricks for losing weight is spending the first few weeks doing as little as possible, just hibernating at home," says Leila.

"Kourtney does that every time, her weight comes off so fast. She just does gentle walks and breastfeeds. She's doing some cardio now, walking and running."



Belly-burning breakfast smoothie!

- Rose water
- Banana
- Blueberries
- Almonds
- Chia seeds
- Bee pollen
- Ground flaxseed meal
- Ice
- Dates



WHILE DOCTORS WORK HARD

STARLIGHT PLAYS HARD

★ It's tax time!
DONATE BY JUNE 30

Playing with Captain Starlight in the Starlight Express Room is the best part of every hospital visit for best friends, Jasmine and Taylor. It's when they can forget about being sick and all the scary stuff that's going on and just have fun.

We have a Starlight Express Room in every children's hospital and last year we helped over 146,000 sick kids and their families.

Donate today to help keep our Starlight Express Room doors open 365 days a year, so we're there for kids like Jasmine and Taylor.

starlight.org.au 1300 727 827

Donations of \$2 or more are tax deductible



 **Starlight**
children's foundation

2 HOUSES
EVERY WEEK



NW

Reality WEEKLY

“The hottest goss from the box”

BONUS
8-PAGE
MAG



ANTM's Craziest challenge

Which terrified models are going down?

EVER!

The competition on *Australia's Next Top Model* reaches dizzying new heights this week, with the seven remaining wannabes forced to confront their fears in the most hair-raising stunt the show has attempted.

Each girl must step out off the fifth floor of a Sydney skyscraper and walk down a 30m vertical runway – all while smiling and moving like a pro, of course!

“What's going to hold us up?” Alex, 19, asks, apparently having never heard of a harness. “We could die!”

Unsurprisingly, as mentor Didier Cohen takes each hopeful out onto the ledge to tackle the task, tears and tantrums become a running theme.

“I'm not [scared of heights],” sobs 16-year-old Lucy.

“But I've never walked down the front of a building either.”

Sadly, with some of the girls flat-out refusing to step off the building, their future in the competition is thrown into jeopardy. Can Dids convince them to take the plunge? ■



YOUR Reality TV PLANNER



Monday

HOUSE RULES 7.30pm on Seven

It's a *House Rules* stand-off as Queenslanders Ben and Danielle promise extra space to Victoria's Bronik and Corrine – then change their minds! Even

though we're sure the stressed-out renovators would rather throw power tools at each other, the only way to resolve the fight is through a house vote. How diplomatic!



Ben and Danielle break their word!

MARRIED AT FIRST SIGHT

8.45pm on Nine

With all four couples now married, the reality of the situation begins to sink in. Some newlyweds are still painfully awkward and others are getting along like they've been together for years – either way, these next few weeks will be an interesting test of the TV matches!



Zoe and Alex got off to a frosty start

Before

After



#TRENDIN

JAX IS ON THE nose!

The *Vanderpump Rules* star's schnoz gets fine-tuned for telly

Ladies' man Jax Taylor has gone under the knife again for his second nose job in 12 months!

The employee at Lisa Vanderpump's restaurant SUR insists he's just "fine tuning" after ruining his first surgery by walking into a door shortly after the procedure. D'oh!

The 35-year-old's beak tweak has come just in time for the fourth season of *Vanderpump Rules*, which started shooting on May 21.

We can't wait to see Jax's new face in action!

Photos: Instagram

Wednesday

THE REAL HOUSEWIVES OF NEW YORK CITY 8.30pm on Arena

The gals get together for another holiday – this time to the Berkshires for newbie Dorinda Medley's birthday. Let's hope she doesn't bring her gropey boyfriend John along – Kristen Taekman and Sonja Morgan still haven't recovered from his wandering hands at the last party!



Dorinda's man isn't too popular

Kendra's revenge ATTACK!



Former *The Girls Next Door* star Kendra Wilkinson sure hates Ava London!

After the transsexual model – who reportedly had a fling with Kendra's hubby Hank Baskett – claimed two Kendra fans punched her at a club, we hear Kendra was delighted.

"Kendra's face lit up," a friend spills. "She actually jumped up and down and yelled, 'I love my fans! This is the best!'"

Kendra feels like this is Ava's karma

NG

What we're buzzing about this week!



Hurry up and get those bandages off, Jax!



5 reasons **SELENA** needs her own show!

Reality TV queen Kris Jenner is reportedly schmoozing Selena Gomez in the hopes of producing Sel's very own series. While Selena's said to be wary of adding "reality star" to her resume, we reckon she'd be perfect. Here's why...

1 DUDE DRAMAS

Selena's on-off love saga with Justin Bieber would make seriously compelling viewing.

2 FAMOUS FRIENDS

Imagine the cameos from pals like Taylor Swift, Miranda Kerr and Kylie Jenner!

3 CAREER SOS

Selena hasn't had a role in a while, and a hit show would put her back in the spotlight!

4 BODY BATTLES

There's nothing more relatable than a celebrity having a fat day. Sel, we feel your pain!

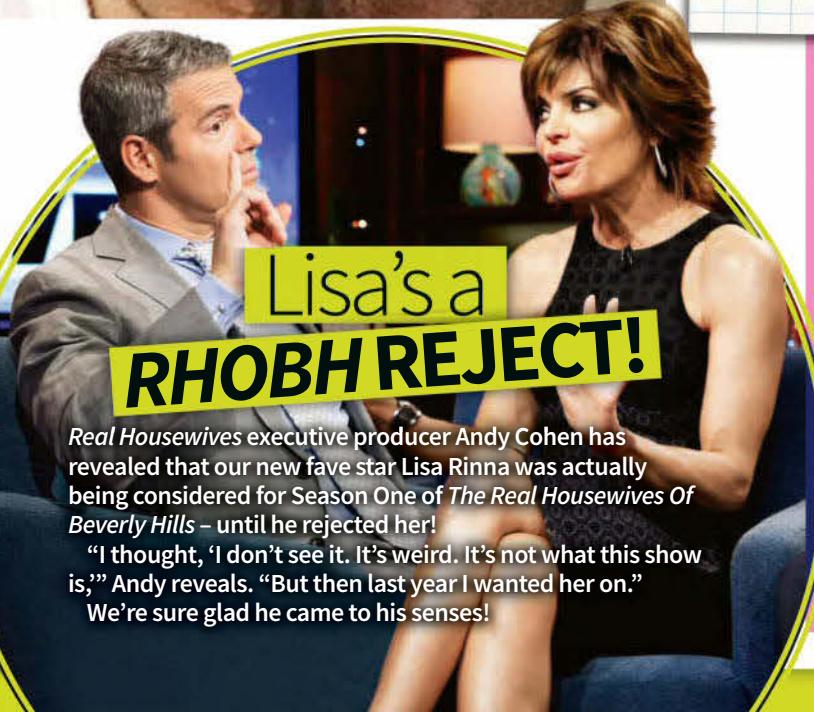
5 WARDROBE ENVY

Let's face it, the best part of reality TV is peeping inside rich people's designer closets.



Hug it out

Kris gave upset Sel a cuddle at the Met Ball – reality drama already?



Lisa's a RHOBH REJECT!

Real Housewives executive producer Andy Cohen has revealed that our new fave star Lisa Rinna was actually being considered for Season One of *The Real Housewives Of Beverly Hills* – until he rejected her!

"I thought, 'I don't see it. It's weird. It's not what this show is,'" Andy reveals. "But then last year I wanted her on." We're sure glad he came to his senses!

JESS HITS BREAKING POINT!



MAZDA moment

Exhaustion's setting in at the *Reno Rumble* camp as the teams tackle their third house renovation in as many weeks. The Blue Tongues seem to be taking it the hardest – Ayden zonks out, curled up on a pile of rags, while Jess admits that she's "broken". Will they be forced to down tools for good?

MasterChef

The bromance LIVES ON!

Two beers each? The mates had a mad time filming in Mexico last year



FLASHBACK

Ben and Andy have come a long way since their amateur days on the show!



Second course

Andy and Ben go back to where it all began.

Andy and Ben are back – but can they still take the heat in the kitchen?

The greatest relationship to come out of Aussie reality TV isn't a romance – sorry, Blake and Louise! – but a pair of easy-on-the-eye BFFs!

Andy Allen – who won Season Four of *MasterChef Australia* in 2012 – didn't just score \$100,000, he scored a best mate in fellow contestant Ben Milbourne, too.

"I still see Benny all the time, we do a lot of work together," Andy tells NW. "Our show *Andy And Ben Eat The World* starts in July. It's a five-part series of us eating and cooking around Spain, Mexico and Portugal."

Travelling the world, stuffing your faces and calling it work? Talk about living the dream!

"We probably would have done it anyway, even if we didn't take a film crew," Ben admits. "Now we can write it off in our taxes!"

'THERE ARE BLOOD, SWEAT AND TEARS IN THIS EPISODE'

But they've put the passports aside to lead a challenge on the current series of *MasterChef*, which sees them cooking up Mexican for the masses with two teams of contestants.

"We've both had experience cooking for large groups," says 34-year-old Ben. "But when they announced that challenge – cooking for 500 people in

three and a half hours – we were like, 'No, you just can't do that.'

Still, the amigos had no choice but to plate up! "We were put through the wringer," says

Andy, 27. "There are blood, sweat and tears in this episode. When it was over, these two poor girls who were standing over a deep fryer for three hours looked at me and just burst out crying. That team gave it everything."

And with the losers facing elimination, we can see why!

MasterChef Australia
Wednesday 7.30pm on Ten

e



Hayden

'MasterChef is more real, than MKR!'

Another familiar face who's made a welcome appearance this year is Season Three's Hayden Quinn, who may not have won the competition but certainly scored a bunch of female fans!

Of course, we couldn't resist asking the former *CLEO Bachelor Of The Year* if he's cooking for anyone special these days.

"I'm still trying to be a good bachelor!" the kitchen whiz spills.

Duly noted! Dating aside, the dishy cook – who hosted his own show on LifeStyle Food – was excited to get back on to the *MasterChef* set for the invention test he concocted last week.

"I like being on the other side of the kitchen bench, from a coaching perspective," he says.

And Hayden's still a huge fan of the show that made him a star, as he reckons it produces better talent than certain other foodie shows.

"I don't watch much *My Kitchen Rules*, but I find *MasterChef* is more about cooking," he says. "The contestants were asking me about food, not, 'How did you get a book deal?' They wanted to know how they could be the best cooks."

'I'M STILL TRYING TO BE A GOOD BACHELOR'



A VERY **T** wedding



THE GUESTS

Mark's proud mate James "Arg" Argent rocked up hand-in-hand with girlfriend Lydia Bright – will they soon be throwing a lavish wedding of their own? Also spotted on bridesmaid duty outside the church was Mark's sister and *TOWIE* co-star Jessica, while their mum Carol stood around looking nervous! Don't worry, luv – we're sure the in-laws are delightful!



HIS HUMMER

THE CARS

Being the baller he is, Mark showed up with his nine groomsmen in a stretch Hummer. Meanwhile, Michelle arrived at the church in a classic 1976 Rolls-Royce with seven bridesmaids in tow.



HER ROLLS



THE SONG

After getting to the ceremony 30 minutes late, gorgeous bride Michelle walked down the aisle to Shania Twain's romantic hit *From This Moment On*, leaving her husband-to-be all misty-eyed!



THE VENUES

Around 120 guests packed into St Mary's Church in Bury St Edmunds, Suffolk, for the Sunday ceremony before heading to the reception nearby at the historic Hengrave Hall – which was decked out in flowers costing a reported \$120,000. Holy roses! And venue staff even had to shut the power off at 4.30am because some of Mark and Michelle's guests were still partying!



HONEYMOON

After lying low on Monday to recover from their hangovers, Mark and Michelle jetted off to Dubai for their Honeymoon at the iconic, super-luxe Atlantis hotel. We're well jel!



TOWIE WOWIE WOWIE ing!



No expense was spared for Mark Wright and Michelle Keegan's lavish big day



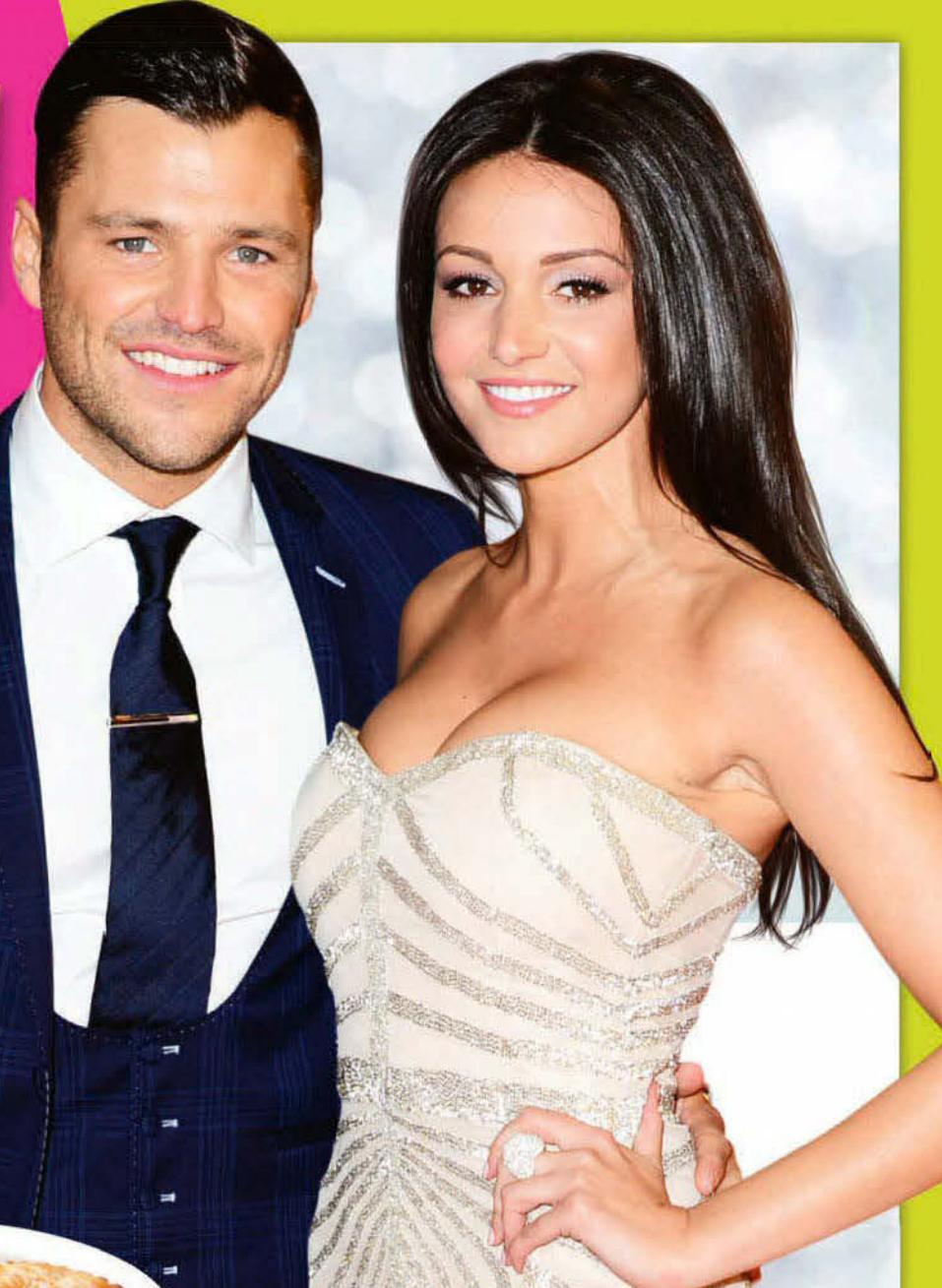
THE FOOD

Forget salmon mousse! Essex boy Mark and Mancunian Michelle chose down-to-earth dishes that represent their Southern and Northern roots – pies with mushy peas for Mark and fish and chips for Michelle. Word is the newlyweds ordered one of each dish to share. Aww!



THE DANCE

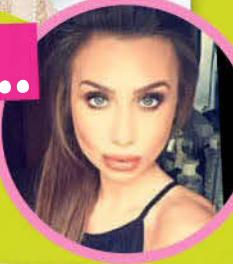
After placing fourth on UK TV show *Strictly Come Dancing* last year, it's no surprise Mark wanted to show off a few moves for his guests! We hear the couple put on a *Dirty Dancing*-themed performance at the reception to *(I've Had) The Time Of My Life*. Because nobody puts Mark in the corner...



Meanwhile... LAUREN'S ALL ALONE

As Mark celebrated the happiest day of his life, his ex-fiancée Lauren Goodger cut a sad figure on social media. The former *TOWIE* star, who was with Mark for 11 years, posted solo selfies, a quote implying she's the one who got away and even a bizarre shot of a pregnant woman captioned, "I can't wait to be a mummy one day" Yikes!

"She's the kind of girl a guy meets when he's too young, and he [redacted] up because there's too much living to do. But later he realizes she's perfect."



BRANDI snaps!

"Everyone's calling me about Kim Richards and I know nothing. All over the internet it says she went MIA after her daughter's wedding and she hasn't checked back into rehab, and nobody's talking to her. I tried to text her because she always answers me, but she didn't reply. So I'm concerned. I'm worried and I feel bad for the situation, but I really have zero clue what's going on. I just hope they find her. I want her to be OK."



Seeing Khloe and Rick hit the town sure got Lamar's attention!

'Khloe's playing a clever game'

"I think Khloe and Lamar should be together but he needs to fix himself first. He put Khloe through the wringer. But since he clearly isn't listening to her, everyone knows actions speak louder than words!"



'Leo will be a hot baldie'

"I don't see him getting plugs. I reckon he'll just be like, 'F**k it - I'm rich, I'm famous. Who cares? I'll just shave it off!' He doesn't seem like the type of guy who gives a rat's ass. He'll be cute no matter what - he's a hot potato! He'll rock the bald look!"

Brandi's VERDICT

'I'm doing a tea-tox and I feel so healthy!'

'I'm house-hunting'



'Kris needs to back off!'

"Kendall Jenner and Lewis Hamilton are cute together but Kris needs to stay out of it! All of a sudden Kendall has this mum in her life who was never that interested before. Now that it's all about her and Kylie, Kris is all over them! Kendall strikes me as being defiant - if her mum says something, she's going to do the opposite."



9

TUESDAYS
8.40



new

Lovechild

Hot or NOT

Highs and sighs on the ruby rug



HOT

Sienna Miller~

Sienna's on a winning streak as she hits the Cannes carpet in frocks with flattering colours, soft fabrics and gorgeous detail.



NOT

Marion Cotillard

She's normally a style icon, but Marion's missed the mark here. Between the satin candy stripes and metallic shoes there's just too much going on.



**HOT****AnnaLynne
McCord**

Ms McCord is summery and chic in her too-cute sundress and big, beachy waves. She doesn't even need bling to make it work – a smoky eye is all it takes.

**HOT****Maria
Menounos**

We love Maria's structured minidress with its bold splashes of colour and fun textures! Sure, the half-head cornrows are an interesting choice, but her sweet shoe game makes up for it.

**HOT****Vanessa
Hudgens**

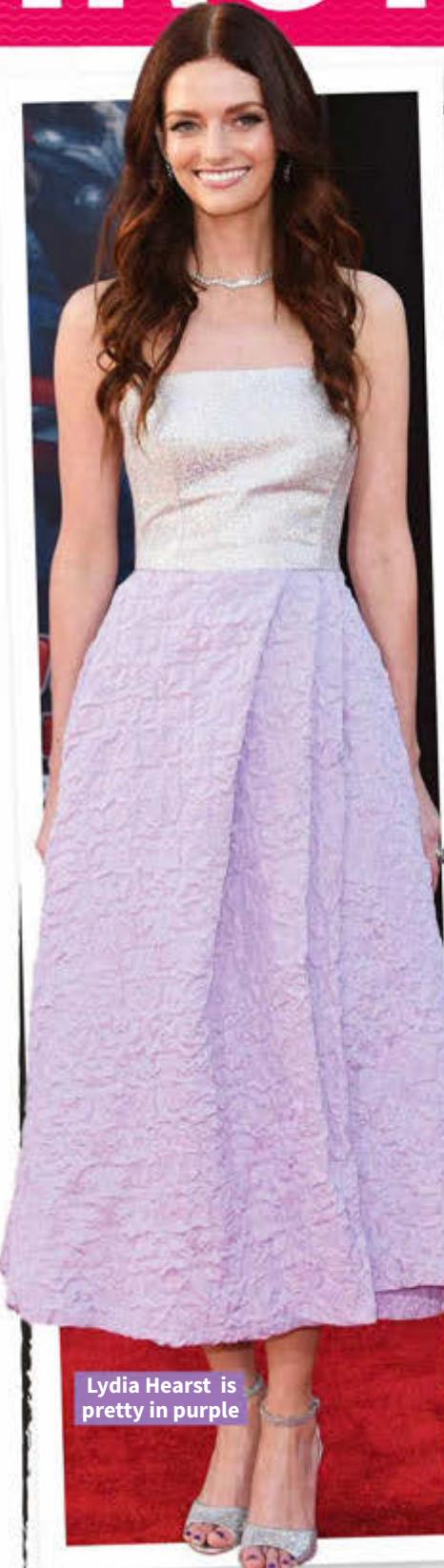
Ness has never looked better! This white jumpsuit and matching blazer are super luxe and modern, while the cross-body bag is the perfect daytime finish.

**HOT****Toni Garn**

The model's a little bit floral and a little bit sporty in this tropical cheerleader-inspired number! The plunging neckline and mullet skirt are simply faboosh!

INSTAglam

Get star style & looks today





She may not have named her daughter Violet, but Blake Lively can rock the colour

TIP
Take Blake's lead and opt for sharp tailoring to keep the look grown-up.

CELEBS Midi rings

Stacking finger bling has followed us into winter – pile 'em on!

RIVER ISLAND \$12
au.riverisland.com



WANDERLUST & CO
\$39
wanderlustandco.com



KOOKAI
\$25
kookai.com.au



ASOS
\$15.50
asos.com.au

KOOKAI
\$30
kookai.com.au



SPORTSGIRL
\$14.95
sportsgirl.com.au



Vanessa Hudgens



Your GUIDE TO Layering

OVERCAST



COUNTRY ROAD
\$129
countryroad.com.au



BOOHOO
\$60
boohoo.com



COLD



SABA
\$180
saba.com.au



FREEZING



MINTY MEETS MUNT
\$299
mintymeetsmunt.com



layering

Survive the chill in differing lengths and accessories!



TONY BIANCO
\$219.95

tonybianco.com.au



MIMCO
\$299

mimco.com.au



WAREHOUSE
\$49

asos.com/au



OSCAR & FRANK
\$159.95

oscarandfrank.com

+



SEED HERITAGE
\$29.95

seedheritage.com



WITCHERY
\$199.95

witchery.com.au



WITTNER
\$169.95

wittner.com.au

+



KOOKAI
\$290

kookai.com.au

COLETTE BY
COLETTE
HAYMAN
\$54.95

colettehayman.com.au

WITCHERY
\$69.95

witchery.com.au



TARGET
\$10

target.com.au



TIP

Avoid unsightly clashes by going tonal in blues and blacks like Jess.

Jessica Alba



CELEB Insta





RODEO SHOW
\$349
rodeoshow.com.au



#studdedbelt
@chungalexa

PIECES
\$19.50
asos.com/au



H&M
\$49.95
hm.com/au

#lacedress
@caradelevingne

Photos: Instagram

trends



H&M
\$49.95
hm.com/au



#verticalstripes
@beyonce

TOPSHOP
\$71
topshop.com



#neutralsuede
@kendalljenner

WAREHOUSE
\$183
warehouse.andotherrands.com



#bomberjacket
@1jessicahart

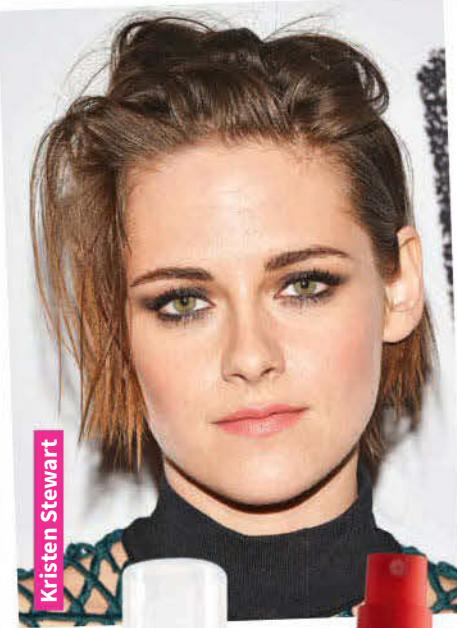
BOOHOO
\$60
boohoo.com



#metallic
@jessicamauboy1

MRP
\$17.60
mrp.com





Kristen Stewart



Bed-head hair

Calling all
lazy girls!



Muk Fat Muk Volumising
Blowout Mousse
\$24.95 1300 768 264

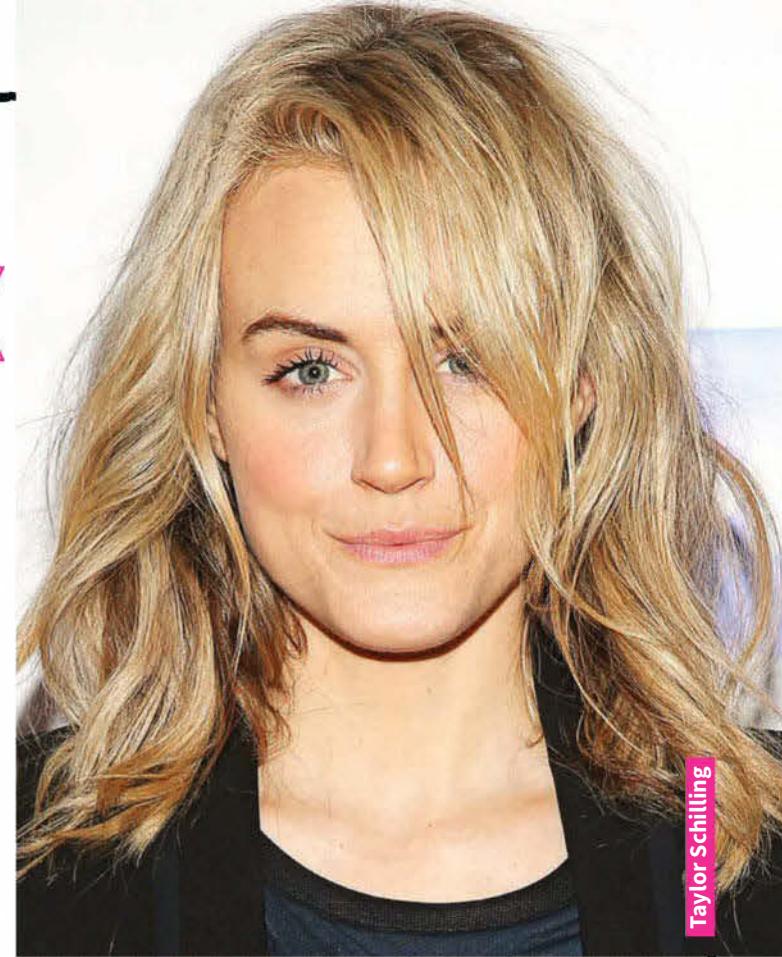


TRESemmé Perfectly
(Un)done Sea Salt Spray
\$8.99 1800 061 027

Silver Bullet
Fastlane Pink
Ceramic Large
Conical Curling
Iron \$69.95
datelinecity.com

TIP
Tong sections
of hair and break
up the curls with
your fingers as
soon as they've
cooled.

Calling all
lazy girls!



Taylor Schilling

Undone is the new done – it's time to make texture your BFF and rock this messy, effortlessly cool style. Start by applying volumising mousse and salt spray to damp hair and scrunch as you blowdry. Tong random sections, using your fingers to tousle and add texturising products – dry texture sprays, plumping powders, salt sprays or a wild combination of them all – and voila! Luscious bed-head hair like these leading ladies!



TIGI Bedhead
Oh Beehive Dry
Shampoo \$29.95
(02) 9889 0435



Batiste XXL Plumping
Powder \$9.95
1800 222 099



Toni&Guy Casual
Rough Texturiser
\$15.99
1800 061 027

TIP
Bed-head hair
actually works better
on a slightly dirty
mane. Skip the wash
and just use dry
shampoo to refresh
locks, then style
as above.



Jennifer Lopez



"I realised what a difference these products could make to my life and as a result will continue to use them in future!"
LORNA, 30



"I honestly could tell the difference right away when I used the day cream. It has a delightful smell and really does make the fine lines seem to fade away. It's a great product!"
RYLEE, 29

OVER 78% SAID THEIR SKIN FELT SMOOTHER*

Try it and see the results. Now available in all major grocery and pharmacy retailers in Australia.

* Source: The Insiders Community Olay Total Effects Product Trial January 2015, N = 127 women used the product for 7 or more days.

THE RESULTS ARE IN!

We invited real women to trial the NEW Olay Total Effects Pore Minimising Collection – this is what they had to say!

8 OUT OF 10
said they noticed a
VISIBLE DIFFERENCE
in their skin*

"I absolutely loved these products. I loved the smoothness of each, the smell of the day cream, how well they smoothed onto the face and how fresh the toner made my face feel."

TALIA, 29

Watch Talia's full story at
youtube.com/OlayAUOfficial

NEW Olay Total Effects
Pore Minimising
Collection gives you an
instant airbrush finish.

Find out more at
Olay.com.au



Olay
TOTAL effects

YOUR BEST BEAUTIFUL™



BRONZE BABY

Shades of bronze should be every girl's go-to hue. Not only does it suit any skintone, it also suits any occasion. You can make a smoky-eyed statement by taking shadow all the way up to your brows like Hailey, or apply a matte formula and finish with a cat's eye like Rihanna. The key? Take it across your cheeks, lips and eyes – and always pair it with dewy skin.



Rihanna



1 Australis Metallix Eyeshadow in Gold Gaga **\$8.95** 1300 650 981 2 Nude By Nature Pressed Matte Mineral Bronzer **\$39.95** 1300 795 003 3 COVERGIRL Bombshell ShineShadow by LashBlast in Gold Goddess **\$8.99** 1800 181 040 4 Maybelline New York EyeStudio Color Tattoo 24HR Cream Gel Shadow in Bad To The Bronze **\$11.95** 1300 369 327 5 Models Prefer Soft Touch Mineral Powder in Luminous Glow **\$16.99** priceline.com.au 6 Revlon ColorStay Gel Envy Longwear Nail Enamel in Double Down **\$16.95** 1800 025 488 7 L'Oréal Paris Colour Riche Mono Eyeshadow in Gold Mania **\$19.95** 1300 659 359 8 M.A.C Fluidline in Rich Ground **\$32** maccosmetics.com.au

Hailey Baldwin

WINTER must-



JEWEL-TONED

Don't be scared of injecting some colour into your winter beauty regimen. Save the pastels for summer and take it deep and dark with navy and violet this season. Anchor your look with defined brows and black liner. Get it right by taking it around the inner corners of your eyes, then let your peepers do the talking with barely there lips and cheeks.



1 Chi Chi Baked Eyeshadow in Bad Romance **\$14.95** 1800 243 678 2 Revlon PhotoReady Eye Art Lid + Line + Lash in Lilac Luster **\$25.95** 1800 025 488 3 Colour Theory Eye Pencil in Slate **\$4** 1300 660 439 4 Sally Hansen Miracle Gel in Tidal Wave **\$16.95** 1800 812 663 5 L'Oréal Paris Infallible Eyeshadow in All Night Blue **\$19.95** 1300 659 359 6 Revlon ColorStay Shadowlinks in Periwinkle **\$9.95** 1800 025 488 7 L'Oréal Paris Mega Volume Miss Manga Mascara in Electric Blue **\$19.95** 1300 659 359 8 M.A.C Lipstick in Violetta **\$36** maccosmetics.com.au

MAKE-UP

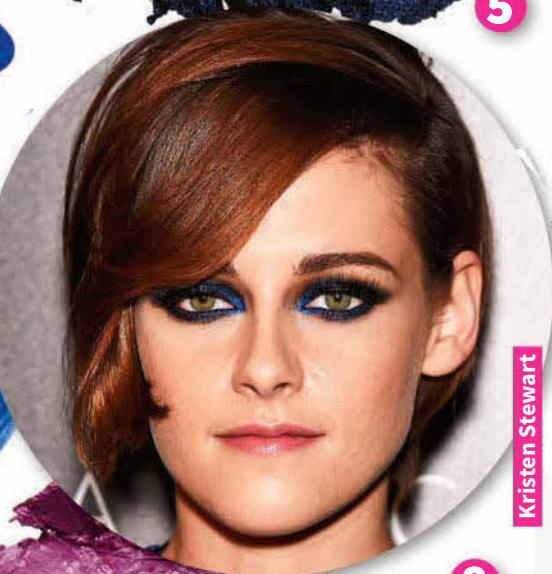
haves!

The hot hues we're eyeing for the colder months

Dianna Agron



Kristen Stewart



8



1 Maybelline New York Master Glaze Blush Stick in Make A Mauve **\$15.95** 1300 369 327 2 Colour by TBN Wind-Up Pencil in Cabernet **\$2.50** 1300 765 332 3 Mavala Switzerland Nail Color Cream in Velvet Prune **\$8.99** (02) 9643 2444 4 NARS Dual-Intensity Blush in Fervor **\$59** mecca.com.au 5 L'Oréal Paris Colour Riche Les Ombres Eyeshadow Quad in Rose Memories **\$23.95** 1300 659 359 6 Rimmel London I Love Lasting Finish Nail Polish in Black Cherries **\$5.95** 1800 812 663 7 Revlon Ultra HD Lipstick in Dahlia **\$23.95** 1800 025 488 8 Revlon Powder Blush in Mauvelous **\$26.95** 1800 025 488

BERRY BURST

Marsala was named Pantone's Colour Of The Year for 2015! Also known as a variant of maroon, marsala needs to sneak into your make-up kit - stat. Follow Sarah's lead and stick to a shimmering shadow for your lids, or channel Olivia and use a deeper hue on your lips. It also makes for a great winter blush and looks great on your digits.



YOUR Stars

The week ahead with **Adele Lang**

Heidi Klum

June 1, 1973

The in-demand supermodel's busy social diary might be starting to take its toll on her energy levels. It's best she kicks around at home this week to rest up.

HAPPY BIRTHDAY

MON Heidi Klum, 42. **Morgan**

Freeman, 78. **Alanis Morissette**, 41

TUES **Justin Long**, 37. **Wentworth**

Miller, 43 **WED** **Dan Ewing**, 30. **Rafael**

Nadal, 29 **THURS** **Russell Brand**, 40.

Angelina Jolie, 40 **FRI** **Mark**

Wahlberg, 44. **Pete Wentz**, 36

SAT **Paul Giamatti**, 48 **SUN** **Iggy**

Azalea, 25. **Liam Neeson**, 63

Your weekly LOVE planner

Romance looks set to be a scorcher

Might be more fizz than sizzle

Expect more than a few warm, fuzzy feelings

• Hm, maybe wear your thermals

	Aries	Taurus	Gemini	Cancer	Leo	Virgo	Libra	Scorpio	Sagittarius	Capricorn	Aquarius	Pisces
MON	✗	♥	♥♥	♥♥♥♥	♥♥	♥♥♥♥	✗	♥♥	♥♥♥♥	♥	♥♥♥	✗
TUES	♥♥♥	♥	✗	♥♥	♥♥	♥♥♥	✗	♥	♥♥	✗	♥	♥♥♥
WED	✗	♥♥	♥	♥♥♥♥	✗	♥	♥♥♥	✗	♥	♥♥	♥♥♥	♥♥
THURS	♥	♥♥♥	✗	♥	♥♥♥	♥♥	♥♥	♥	✗	♥♥	✗	✗
FRI	♥♥♥	✗	♥♥	✗	♥♥	♥♥♥	♥	♥♥	♥♥♥	✗	♥	♥♥♥
SAT	♥♥	♥	♥♥♥	✗	♥♥♥	♥	♥♥	♥♥	✗	♥♥♥	♥♥♥	♥♥
SUN	♥♥	♥♥♥	♥♥	♥	✗	✗	♥♥♥	✗	♥♥♥	♥	♥♥	♥

NW

Editor-In-Chief Nicole Byers
Editor Mark Brandon

Acting Deputy Editor Hilary Bloomfield
Associate Editor Frances Kindon

ART
Art Editor Hayat Sanli
Deputy Art Editor Luke Worsfold
Designer Josephine Campbell

NEWS & FEATURES
News Editor Catherine DePicarda
Features & Entertainment Editor Josephine Rozenberg-Clarke
Senior Writer Alexandra Sutton
Writer Jennifer Fletcher
Digital Editor/Junior Writer Jessica Lynch

COPY
Chief Subeditor Karl Mayerhofer
Deputy Chief Subeditor Luke Anisimoff
Senior Subeditor Hannah Warren
Senior Subeditor/Writer Christine Estera

PICTURES
Acting Picture Editor Rachel Bone
Assistant Picture Editor Amy Heycock
LIFESTYLE
Fashion Editor Lattitia Taylor
Senior Beauty Editor Laura Wilson
Lifestyle Assistant Imogen Jones
Beauty Assistant Amber Elias

Production Controller Hannah Blackiston
Advertising Coordinator Kiara Mazzarolo
Thanks to Sarah Farago, Paul Rohan, Emma Shepherd

ADVERTISING
Head Of Commercial Categories Mark Driscoll
Commercial Category Manager Amanda Atkinson
Advertising Enquiries NSW (02) 8114 6091
VIC (03) 9823 6309

MARKETING
Group Marketing Manager Louise Cankett
Marketing Manager Tim Medway
Assistant Brand Manager Lauren Maras

SYNDICATION
syndications@bauer-media.com.au

CEO David Goodchild
Publisher Jayne Ferguson
Director of Sales Tony Kendall
General Manager Marketing Natalie Bettini
Research Director Justin Stone
Group Manager - Brand Advertising
Strategy Simon Davies
Commercial Manager - Consumer Group
Lucille Charles
NSW Sales Director Joanne Clasby
National Circulation Manager Paul Weaving
Circulation Manager Jennifer Lewis

NW Volume 23 Number 22, Price \$4.99. Published by Bauer Media, part of the Bauer Media Group ABN 18 053 275 546, 54-58 Park Street, Sydney, New South Wales, 2000. PMP Limited, 31-37 Heathcote Road, Moorebank NSW 2170. Distributed by Network Services, Sydney. Subscription rate: Australia (surface mail): 12 months, \$234; New Zealand (airmail): 12 months, \$245 (payment in \$AU only); overseas (airmail): 12 months, \$310. Remit to Bauer Media Ltd, Reply Paid 5252, Sydney, NSW 2001. Or call 136 116 between 8am and 8pm Monday to Friday, or 8am and 6pm Saturday AEST. © 2015 Bauer Media Ltd. All rights reserved.

ISSN 2205-0167



LET'S CHAT



facebook.com/nwmagazine



[Instagram @nwmag](http://Instagram/@nwmag)



twitter.com/nwmag



nw@bauer-media.com.au



WIN!

Our Pic Of The Week
wins TWO Gold Class
movie tickets!

#iheartNW

For your chance to be featured here,
hashtag #iheartNW on Instagram and
show us your fave place to catch up
on your celeb goss!



Birthday party throwback... To when
I had a slightly more glamorous life
haha. #becandbridge #nwmag
#mimco #sydney #starcity
@zoeirenagorburunow



Catching up on my celeb goss in
my fav place... Relaxing in a nice
hot bath! Hehe @laurenhaely



You loved
Demi and
Rumer's twin
get-up



New and improved
version..... Kerry Harris



A spoilt brat humping the
floor doesn't do anything
for me. Heather Junus

Well that just ruined that
song for me!! Amy Darley



SUBSCRIBE NOW & SAVE!

Never miss
your weekly
fix of the hottest
gossip, shock
pics and latest
A-list fashion
trends!

► 10 issues
for \$10

► FREE delivery
to your door

► ONLY \$39 every
13 issues after that

Save
\$48

To order, visit magshop.com.au/NW
or call 136 116 and quote M1501NEW





Who am I?

Win
\$100

- I was born in New York in 1970 and have Irish, African-American and Venezuelan ancestry.
- It's likely I inherited my five-octave vocal range from my opera-singer mum.
- My self-titled debut album dropped in 1990 and topped the charts for 11 weeks.
- My four-year-old twins with ex Nick Cannon are nicknamed Roc and Roe.
- Earlier this month, I kicked off my #1 *To Infinity* residency at Caesars Palace in Las Vegas.

to enter **SMS 199 47 474**
SMS cost 55c (inc GST)
OR CALL **1900 967 474**
Call cost 55c (inc GST)

Calls from mobiles cost extra. SMS or call with the answer, your name, address and daytime phone number.

Salmat Digital Pty Ltd Helpline: 1300 131 276. Entrants under 18 must seek bill payer's permission to enter. Competition closes 23:59 AEST on 21/6/15. Open to Australian residents. Drawn at 11:00 AEST on 23/6/15. For conditions of entry, visit nwonline.com.au. Authorised under permit numbers NSW: LTPM/13/00069; ACT: TP13/00146

SUDOKU

Fill in the blank squares so that every row, column and 3x3 square contains all numbers from 1 to 9.

9	4	1	2	8	7			
7						6		
			7					
4		6	3		1			
5	3			7		8		
2		8	7		5			
			2					
9				1				
7	6	4	9	5	2			

Name that star!

Hidden in the box are some celebs' names. Use the pics to help you find their names, which are split into two and can be found in straight lines up, down, forwards, backwards or diagonally. The leftover letters reveal the name of another star.

Win
\$100



to enter **SMS 199 99 333** SMS cost 55c (inc GST)
OR CALL **1900 969 333** Call cost 55c (inc GST)

Calls from mobiles cost extra. SMS or call with the answer, your name, address and daytime phone number.

Salmat Digital Pty Ltd Helpline: 1300 131 276. Entrants under 18 must seek bill payer's permission to enter. Competition closes 23:59 AEST on 21/6/15. Open to Australian residents. Drawn at 11:00 AEST on 23/6/15. For conditions of entry, visit nwonline.com.au. Authorised under permit numbers NSW: LTPM/13/00070; ACT: TP13/00144

Winners

Crozzle No. 17/15

J. West
Heathcote, NSW
Solution
Michelle

Who Am I? No. 17/15

T. Schergat

Yarraville, Vic
Solution

Bella Thorne

Name That Star No. 17/15

L. Gardner

Farrer, ACT
Solution

Jennifer Lawrence



Picture quiz answers

E Kim Kardashian
D Kylie and Kendall Jenner
C Mary-Kate and Ashley Olsen
A Jessica Alba B Beyoncé

4	1	9	2	7	6	3	5	8
8	7	5	1	9	3	6	2	4
2	3	6	8	4	5	9	1	7
5	4	3	7	6	1	2	8	9
1	9	8	4	3	2	5	7	6
7	6	2	5	8	9	1	4	3
9	2	7	6	5	4	8	3	1
6	5	4	3	1	8	7	9	2
3	8	1	9	2	7	4	6	5

PHOTO Quiz

ART ATTACK!
Who are these cartoonish celebs?

A



B



C



D



E



CHOOSE FROM THESE CELEBS!
Kim Kardashian, Jessica Alba, Kylie and Kendall Jenner, Beyoncé, Mary-Kate and Ashley Olsen

CROZZLE

Win
\$250

Busy insects	Pictured Mr Patrick Harris	Cowboy rope	Bashful	Pictured Ms Lynch	US singer/ actress	Nancy — girl detective		
— Gomez, US actress	Look at	Eastern prince	— Graham, US actress	Soap bubbles	Rear part of the foot	Gamble	Given a peerage	
To no avail	Schwarz- enegger role	Mickey — cartoon character		Semitic language	Ancient Greek fable writer	Frozen hazard	Chatter	
Open-top truck		Tiger — US golfer	Fairy	Chewing		Jacket		Christian — fashion designer
Set of three	Now and then (3,3,2)		Supporter	Fragrance, smell	Voile-like curtain fabric	Receding tide	— Kunis, Ted star	Gateau, clair etc
Ronstadt, US singer	Aloof, supercilious	Traffic snarl-up	Time of life	Butcher's wares	Arctic home	Bright shade of blue	Top up (a battery)	
Animal foot	Usain Bolt's country					Droops	Stench	
Cruise	Serious childhood illness			Army member	Hair- styling substance	Centre of rotation	Pluck, spirit	
				Rachel — star of <i>The Mummy</i>	Repeated alternation (3-3)	Foment (4,2)	Guy-rope fastener (4,3)	Blockade of a town
		In addition	Unhappy		Make brown	Make less severe	Crop destroyers	Black card
		NZ bird		Occurred	Travelling salesman	Touches down	Apple computer	Inside info
		Penélope — <i>Volver</i> actress		Small amount of money	Betrothed		View, vista	
				Grunting animal				

to enter

SMS 199 94 555 SMS cost 55c (inc GST) OR CALL 1900 964 555 Call cost 55c (inc GST).

Calls from mobiles cost extra. SMS or call with the answer, your name, address and daytime phone number. When you have solved the Crozzle, the letters in the shaded squares, reading left to right, top to bottom, reveal an award show both the pictured celebrities have hosted (5).

Salmat Digital Pty Ltd Helpline: 1300 131 276. Entrants under 18 must seek bill payer's permission to enter. Competition closes 23:59 AEST on 21/6/15. Open to Australian residents. Drawn at 11:00 AEST on 23/6/15. For conditions of entry, visit nwonline.com.au. Authorised under permit numbers NSW: LTPM/13/00068; ACT: TP13/00143

The BIG NW turn on

Star surprise
The film's even more cameo-packed than the series!



The boys ARE BACK!

The *Entourage* gang reunite for a major movie moment

It's been four empty years since Hollywood star Vincent Chase (**Adrian Grenier**) and his buddies E (**Kevin Connolly**), Turtle (**Jerry Ferrara**) and Drama (**Kevin Dillon**) last graced our tellies, so we're stoked that the fellas are hitting the big screen! With Vince trying his hand directing his first flick, he gives producer Ari Gold (**Jeremy Piven**) a major dose of anxiety when he goes \$15 million over budget! Can a chased-up Texan (**Billy Bob Thornton**) save the day?

Entourage in cinemas Thursday

FILM



Geeking out

CSI returns to tackle the murky world of cyber crime!

WANNA CYBER?

TV

The original *CSI* might have been cancelled earlier this year, but fans of the show and its now-defunct spin-offs need not fret! This high-tech incarnation revolves around psychologist Avery Ryan (**Patricia Arquette**) as she heads up the Cyber Division task force at the FBI's Quantico facility – yep, the same place *Criminal Minds* is set! Keep an eye out for Dawson Leery – er, **James Van Der Beek**! – as ex-Marine gaming geek Elijah Mundo.

CSI: Cyber coming soon to Ten

The Hot LIST

POLDARK

TV's sexiest old-timey soldier Ross Poldark (**Aidan Turner**) returns

home after fighting in the American War Of Independence to find his sweetheart

Elizabeth (**Heida Reed**) engaged to another man.

It's a good thing he has new maid Demelza (**Eleanor Tomlinson**) to distract him...

**Season One out
Wed on DVD**

DVD



MUSE

Matt Bellamy and his band have dialled back the decadence for their long-awaited seventh album. “[Drones] really does strip away the additional things that we’ve experimented with on the last two albums,” Matt says. “[It’s] nice to reconnect and remind ourselves of just the basics of who we are.”

Drones out Friday

MUSIC



MUSIC



OF MONSTERS AND MEN

For the follow-up to the Icelandic quintet's lush 2011 debut *My Head Is An Animal*, singer-guitarist **Ragnar Thorhallsson** reckons they've

laid down an album that's “darker”, “heavier” and less story-based. “The first one was more monsters and this one is men,” he reveals.

Beneath The Skin is out Friday

WONDERLAND

The latest season of the Aussie drama was the most sexually charged yet, so you'll no doubt want to relive all that raunchiness on DVD. Between cheating, threesomes, secret babies and ill-advised weddings, this block of flats has got to be one of the most interesting places to live in the entire country.

Season Three out Wednesday on DVD

DVD



HOT PURSUIT

WITHERSPOON VERGARA
ARMED AND SORT OF DANGEROUS.

NEW LINE CINEMA AND METRO-GOLDWYN-MAYER PICTURES PRESENT
A FOXY/PACIFIC STANDARD PRODUCTION AN ANNE FLETCHER FILM REESE WITHERSPOON, SOFIA VERGARA, "HOT PURSUIT"
JOHN CARROLL LYNCH, ROBERT KAZINSKY, MILES CHRISTOPHER BECK, BUCK DAMON, CATHERINE MARIE THOMAS
PRISCILLA NEGO, FRIENDLY ALE, NELSON COATES, DAVID FEENEY, JOHN GOODMAN, DANA FOX, KATIE SILBERMAN
DIRECTOR: ANNE FLETCHER

Violence and sexual references

Help...iResultMovie.com.au

RoadshowFilms

MGM

NEW LINE CINEMA

WARNER BROS. PICTURES

In CINEMAS JUNE 11



A funny thing...
Their chalk-and-cheese comic banter brings the LOLs!



Sofia & Reese PARTNERS IN CRIME!



Reese has found a bosom buddy for life in Sofia

The unlikely pair team up for the road trip from hell

Sofia Vergara and Reese Witherspoon are pretty much the greatest combination of sweet and sassy since Maltesers and popcorn.

With one a box-office-topping Hollywood star and the other a hilarious Colombian goddess, the idea of them starring in a buddy road movie has us excited!

In *Hot Pursuit*, Reese, 39, steps into regulation blues as Officer Rose Cooper, a by-the-book “nerd” tasked with protecting 42-year-old Sofia’s Daniella, the brash wife of a drug lord.

When the mismatched pair are forced to go on the run together, you can bet all sorts of hilarious hijinks ensues.

NW sat down with the stunning actresses to talk about how the comedy came together...

How did you end up together in this movie?

Reese I am a huge fan of Sofia on *Modern Family*. And I started to think, “It would be funny to make a buddy movie with her.” So I set up a meeting in a hotel lobby and she walked in and every man stopped what he was doing and stared at her. It was like a hair care commercial! And we both decided this movie would be the funniest idea.

Sofia It was a road trip and always road trips bring exciting adventures that can bring funny situations.

We have to say, it's not your typical chick flick...

SThis is not the normal movie where girls are trying to get

some guy or are getting married or something. This is a movie where these two women that are different and have different personalities are trying to achieve something, the same thing, and are trying to survive. I think a lot of girls can look at this and learn many things from this relationship. You don’t have to be the same.

You don’t have to look the same to understand another human being and support each other.

RWe had the idea to make a movie that wasn’t just about romantic involvement – it wasn’t about men and chasing men. As soon as you strip that element away, you actually get to dig deeper into the female characters. So I think it’s great.

‘I WAS COMPRESSED LIKE A SAUSAGE’ – SOFIA



Opposites
attract!



Sofia says she was 'all sweaty' in this dress – must be because she's so, um, hot!

Reese, you were OK letting **Sofia** take the "hot" role?

RI knew Sofia would be beautiful, so I decided I'd be the dude! I like playing weird characters, anyway. **S**It's great because you got to be comfortable. I was miserable the whole time, compressed like a sausage in that white dress. And then I had on heels that gave me blisters, all while she was carefree and sitting on the floor. She knew what she was doing!

Sofia, how did you rate **Reese**'s Spanish skills?

SThat was actually one of my favourite scenes, because she had to struggle. I could see fear in her eyes and anxiety. So it was great because that's how I feel in every single scene of my life! Now that I've seen the movie, I understand why people laugh so much at me. It's hysterical to see somebody trying to talk in a language and look confused. I mean, it was seriously not her best work!

Hot Pursuit is in cinemas June 11

Yep, we see you!

STAR SPY



PARIS MATCH

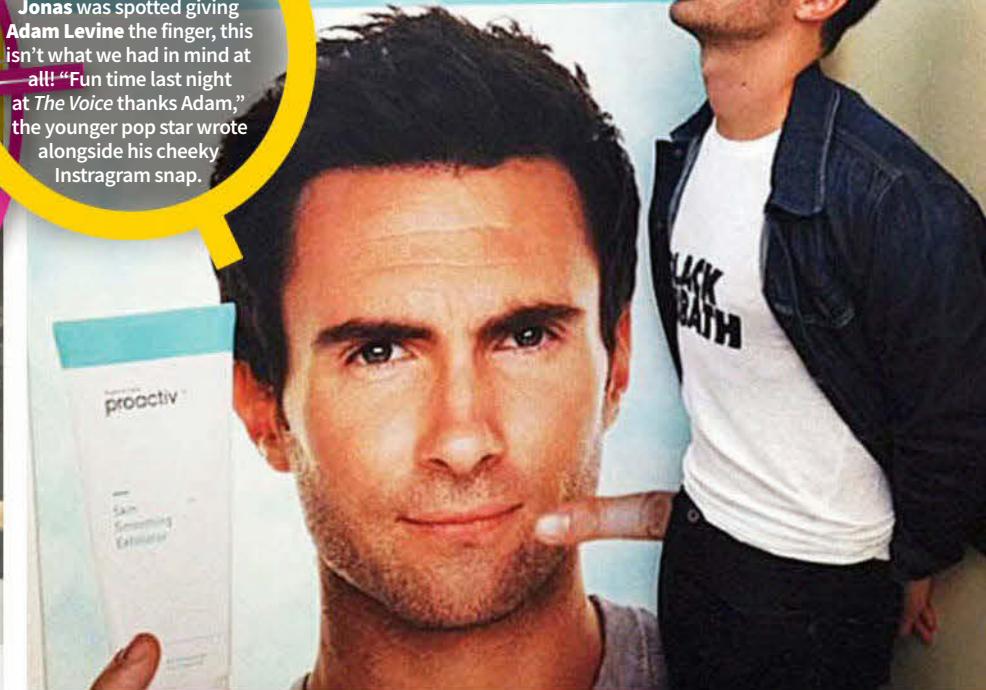
Say what you want about **Paris Hilton** – the way she carries herself is superb. Well, herself on a bag, anyhow. And as you can probably tell from her T-shirt, disembarking a luxury yacht in Cannes is about as strenuous as it gets for this socialite.

Who are you calling a bag lady?

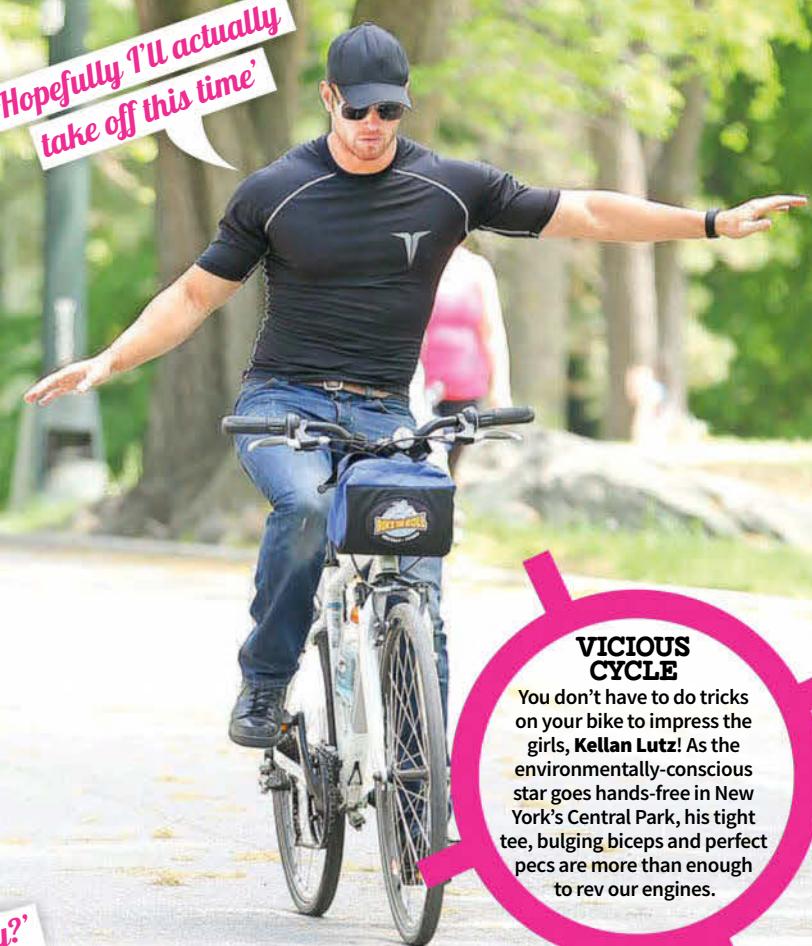
DICKING AROUND

When we heard **Joe Jonas** was spotted giving Adam Levine the finger, this isn't what we had in mind at all! "Fun time last night at *The Voice* thanks Adam," the younger pop star wrote alongside his cheeky Instagram snap.

'I'll show him some stiff competition!'



'Hopefully I'll actually take off this time'



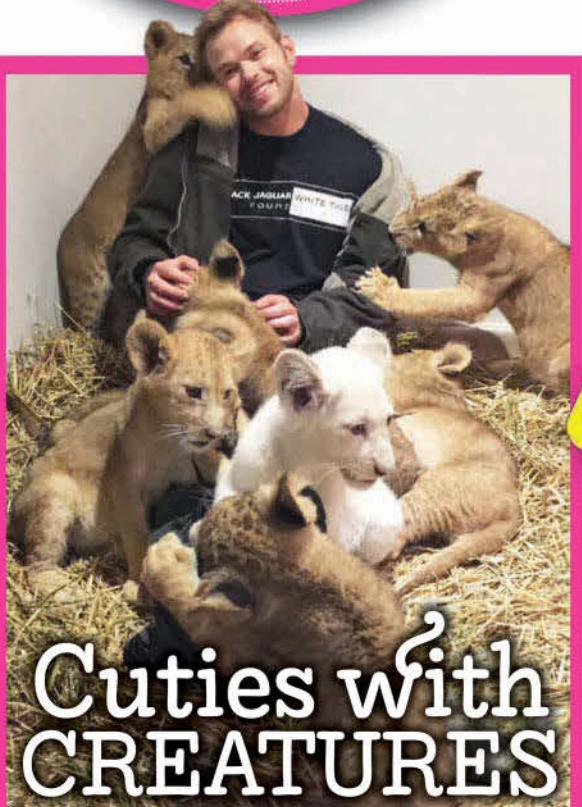
VICIOUS CYCLE

You don't have to do tricks on your bike to impress the girls, **Kellan Lutz**! As the environmentally-conscious star goes hands-free in New York's Central Park, his tight tee, bulging biceps and perfect pecs are more than enough to rev our engines.



WAIT! there's MORE!

Because we know how much you love your gossip



Cuties with CREATURES

Nothing warms our hearts like a hunky Hollywood heartthrob cuddling adorable wildlife! *Twilight* hottie Kellan Lutz showed off his softer side as he played with tiger cubs at a sanctuary he supports in Mexico, while *Pirates Of The Caribbean* star Johnny Depp is sponsoring an orphaned bat named Jacki

Sparrow – named after his alter ego Jack Sparrow – to mark his stay Down Under. Aww!



Then



Now



HOT CURVES AHEAD

She's not exactly shy when it comes to rocking out in her birthday suit, but these days Lena Dunham has got even more reason to strip off! Her mission to get fit is well underway, with the *Girls* creator looking markedly slimmer in this recent bathroom selfie. "Love my Lonely Lingerie and I think I will wear it to dinner with some boots & a smile," she captioned this pic on Instagram. Now that's confidence!

Buffy's back!



THEN...



...NOW

Well, sort of! *Buffy The Vampire Slayer* stars Sarah Michelle Gellar and Alyson Hannigan caught up at a farm-tastic third birthday party for Aly's daughter Keeva. "I've never seen a farm and pony rides in Santa Monica before #NowI'veSeenItAll," Sarah captioned their cute selfie. These girls sure slay it in the fun department!

Bradley's a lilypad lover!

Over the years, Bradley Cooper has garnered quite the rep when it comes to jumping from girl to girl. In fact, we worked out that Brad's only been single for four months in the past decade. Since 2005, the actor's seamlessly hooked up with a string of A-list women, from Cameron Diaz to Denise Richards, Renee Zellweger, Olivia Wilde, Jennifer Lopez, Zoe Saldana, Suki Waterhouse and, most recently, Irina Shayk. Ribbiting stuff!



COMING UP ROSIE

Wow, talk about ssssmoking! British beauty Rosie Huntington-Whiteley is off-the-charts hot in this snake-inspired shoot for French mag *Lui!* "Rosie is ultimate perfection," gushes photographer Luigi Murenu. "Sexy, intelligent and sweet, and so much fun to work with." Oui, hats off to anyone who can work it in a see-through trench!



Photos: Instagram

RUMOUR has it!

Courtney Cox has banned her ex-hubby David Arquette from her wedding to Johnny McDaid

FALSE

He's walking her down the aisle! "Her father passed away in 2001," spills an insider. "[And it] feels natural for David to give her away given how close they are."



Taylor Swift is the youngest person to make *Forbes* magazine's list of The World's 100 Most Powerful Women



TRUE

The 25-year-old came in at number 64 on this year's list. "She has proven herself as an impressive businesswoman," says a rep for *Forbes*.

Leonardo DiCaprio is losing his luscious locks



TRUE

But he's hoping his bushy beard will prove enough of a distraction. "It's to stop people [from] realising that he's going bald," his security detail reveals!

Photos: Luigi Murenu/*Lui*

WAIT
the
MC



CHRISSEY & JOHN'S MODERN LOVE

Smitten kittens

Chrissy Teigen and John Legend celebrate their love by frolicking beachside and cuddling a baby goat in the latest issue of *DuJour*... As you do! Speaking of goats, "We want a lot of kids," lucky Chrissy tells the US mag. "I would love to have three or four of my own, and then adopt a few. So basically I'll be pregnant the rest of my life." Judging by these steamy displays of affection, they're going about it the right way!

\$50

The starting price for Drew Barrymore's new Flower sunglasses collection.



10

The years Johnny Depp could have spent in prison for smuggling his two dogs into Australia.

The WEEK in NUM3ER5

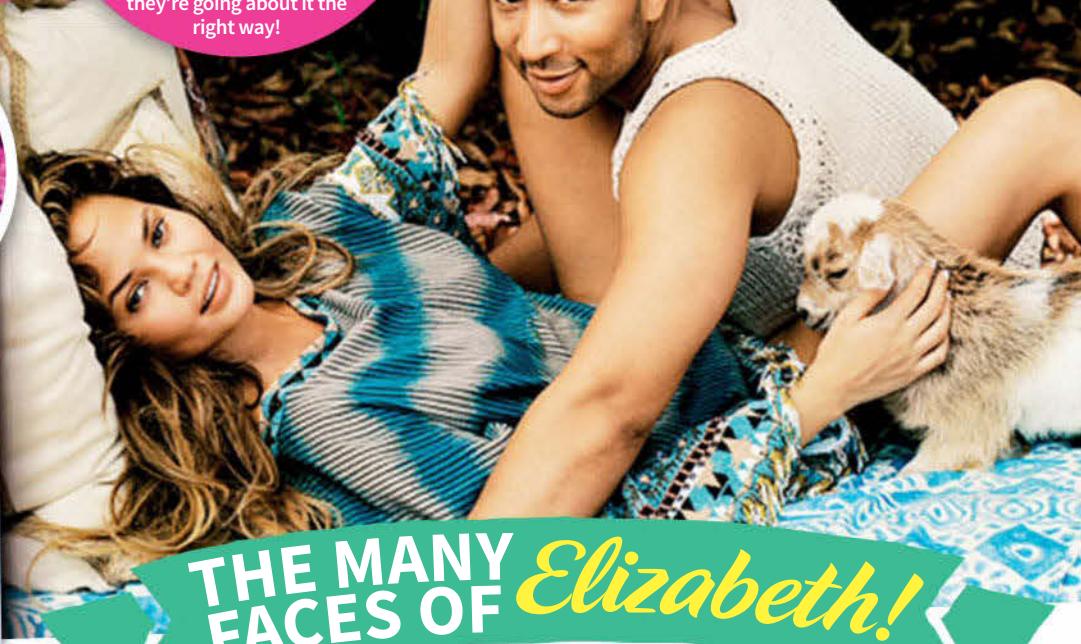
\$19,100,000

The asking price for Regina George's *Mean Girls* mansion.



18

The hours Jennifer Lopez is said to work every single day!



THE MANY FACES OF *Elizabeth!*

Mary-Kate and Ashley Olsen's little sister

Elizabeth has a wide range of expressions – and she wasn't afraid to use them at a New York press junket for her latest flick *Avengers: Age Of Ultron*! Either that, or the actress is in serious need of some prune juice!

'Check out the Botox on that chick!'



2



'Botox chick be like...'

3

'Can she even move her face?!'



BITCH STOLE MY LOOK!

She usually marches to the beat of her own stylish drum, but not this time! Newly flame-haired Rihanna was channelling her inner *Batman & Robin* baddie Poison Ivy – played by Uma Thurman back in 1997 – when she stepped out in New York.

And it's also come to our attention that Solange's wedding cape bears more than a passing resemblance to the one Emilia Clarke wears as *Game Of Thrones* mother of dragons Daenerys Targaryen. Fierce!



RIHANNA & POISON IVY



SOLANGE & DAENERYS



Photo: Bruce Weber/DuJour

Photo: Rog Walker/Vogue

Things THAT GO BUMP!



Coming soon to a hospital near you!

Woah, mamma! She's about to pop, but Jennifer Love Hewitt still found time to squeeze in a last-minute photoshoot for Palmer's Cocoa Butter Formula.

"After the success I had using Palmer's through my first pregnancy, I knew

I wanted to support the brand by baring my pregnant belly to celebrate the beauty of expectant mothers," she gushes.

The star says she finds it "empowering" to show off her bump this way.

You glow, girl!

JOE MAKES SOFIA SWEAT!



'He's hot, but he's feeling a little flat'

Joe Manganiello's buff body does more than get Sofia Vergara weak at the knees – it inspires her to work out, too! The *Modern Family* star shared a photo of herself at her home gym staring at a cardboard cut-out of her foxy fiancé. "Who wouldn't get motivated with that guy in the back staring at you," she captioned the Instagram snap. True!

They said what?!



"I gotta get an answer... because I'm going to throw my hip out!"
Getting down on bended knee to propose almost broke George Clooney!



"Your store is upstairs hidden by the tyre section!"
Melissa McCarthy's sick of searching for plus-size clothing shops. Is that why she lost all that weight?

WOW!

JESS VS JESS

Big-bucks BABES

JUST HOW DO BUSINESS-SAVVY STARS JESSICA SIMPSON AND JESSICA ALBA MEASURE UP?

THE JESSICA SIMPSON COLLECTION

The singer's extensive women's clothing and accessories line is in high demand and carried by more than 650 department stores across the US.

THE HONEST COMPANY

Ms Alba's business sells its goods online, and delivers to the US and Canada with a plan to branch out to the UK, Australia and China.

WHAT THEY'RE SELLIN'

Women's and junior fashion including clothes, shoes, bags, bling, sunnies and fragrances.

An eco-friendly range including baby items, bath products and vitamins.

WHAT THEY'RE WORTH

\$1 billion

\$1 billion

WHO THEY'RE HIRIN'

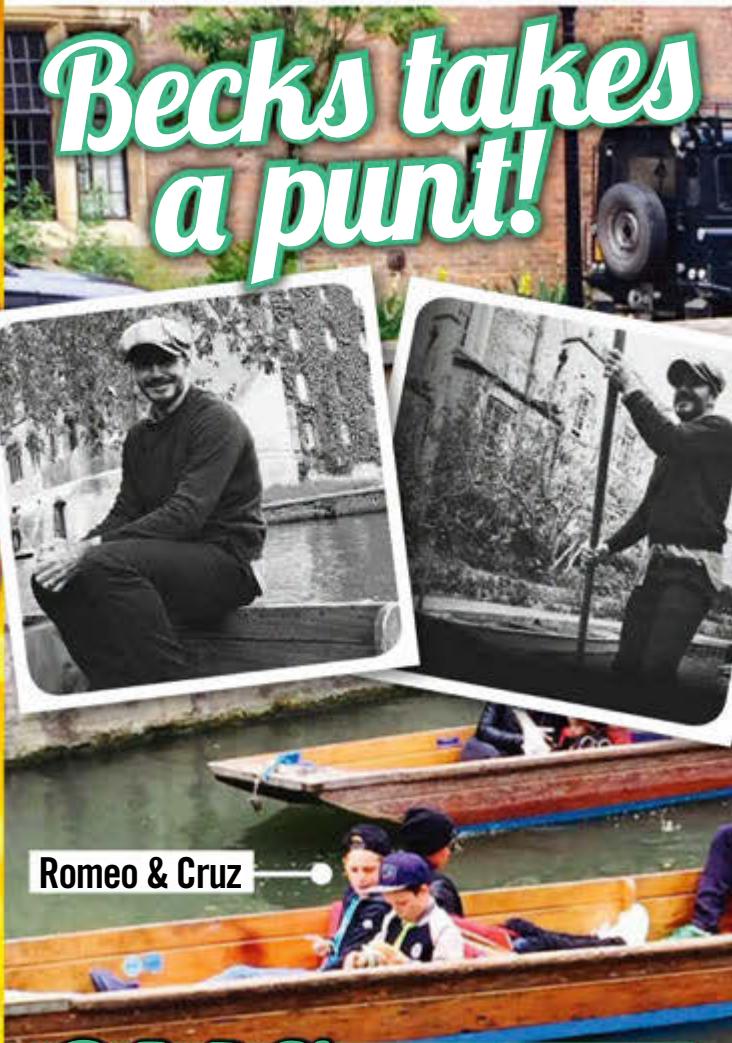
1000+

300+

WHAT ELSE THEY'RE SPRUIKIN'

- 30 million albums sold in the early '00s
- Endorsements with Weight Watchers and Proactiv

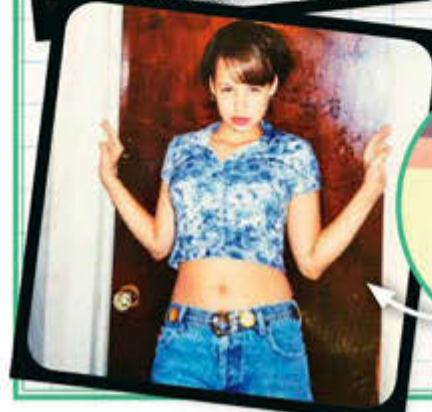
- Roles in the *Fantastic Four* and *Sin City* franchises
- Advertising deals with Microsoft and Revlon



OMG THROWBACKS!



Wow! These old snaps of Kathy Griffin and Amber Rose in their teenage years had us doing a double take! Back in 1976, Kathy was a slightly awkward cutie, while '90s Amber actually had a half-decent head of hair. Minds blown!



David Beckham caused major excitement in Cambridge, England, when he took to the River Cam with his wife Victoria and adorable kids Brooklyn, Romeo, Cruz and Harper. And while we all know the soccer legend can kick, it turns out he can, um, punt too! "A day on the punting pole," he captioned an Instagram snap of himself steering the boat. Is there anything this action man can't do?

Posh & Harper



Becks & Brooklyn

Ewe AND I

It was never going to be a conventional wedding, but we hear Lady Gaga is planning to transform her \$31 million Malibu estate into a country farm for her nuptials with actor beau Taylor Kinney! "Guests in their tuxes and gowns will mingle with the barnyard animals as the ceremony takes place among her fruits and vegetables," says an insider. "It'll be a *Beverly Hillbillies* wedding."

The Rollercoaster Of Love



LOVE
KEY



IN LOVE



NEEDS WORK



IT'S OFF

WILMER AND DEMI

Despite engagement rumours, Wilmer Valderrama and Demi Lovato are feuding because she's back on friendly terms with her ex Joe Jonas! "Demi swears it's purely platonic, but Wilmer's convinced she still carries a torch for Joe," says a source.



ANDREW AND EMMA

What breakup? Andrew Garfield and Emma Stone have put paid to split rumours by shopping for groceries together in Beverly Hills. "Andrew has this hold over her," confirms our insider.



NINA AND AUSTIN

Nina Dobrev's been spotted pashing *Whiplash* star Austin Stowell! "OMG so nina and Austin are dating!?" tweeted one excited fan. Well, they do make a cute couple!





fast
POL

Buoy, oh buoy!

CELEBS TO THE RESCUE!

Forever and
always, they're
always hilare!

Jesinta Campbell
understands that
saving lives is no
excuse for bad hair!

'The
beach looks a
bit rough
today...'

'I've got a
career to
save!'

Courtney Stodden
and her floaties
report for
slow-mo duty.

Pamela, is that you?
Today host Matt
Lauer is, er, showing
plenty of balls rocking
this look.



'Nice day for
a run, isn't it?'

Kate Upton's presence on the beach
causes a sudden spike in men
requiring mouth-to-mouth
resuscitation.

'I'm so
hungry
I could eat a
seahorse!'

Mama June
doesn't mind
a little beach
patrol – as long as
she can keep her
socks on and
daydream about
ham...

'Sorry,
I don't do
one-pieces!'

'Actually
I think it's
a re-run'

What's better than Today
co-host Willie Geist's
David Hasselhoff
impersonation? Carmen
Electra's Carmen Electra
impersonation!



**ONE PRODUCT,
ENDLESS POSSIBILITIES**

Transform your eyes into a work of art with Revlon's Photoready Eye Art Lid + Line + Lash. With an intense cream eyeshadow at one end and a brilliant sparkle on the other, this clever coordinating duo allows you to customise an eye look that's all your own, with the sparkle applied to the lids, as a liner, or on the tips of the lashes. RRP \$21.95. Available at department stores, discount department stores and pharmacies nationwide.

For stockist information, please call 1800 025 488



**AIRBRUSHED
EFFECT IN
ONE SIMPLE STEP**

Say goodbye to pores with the secret to airbrushed skin! New Olay Total Effects Pore Minimising CC Cream contains special light manipulating powders to instantly smooth the appearance of pores.

In one simple step, you can moisturise, protect your skin with SPF and minimise pores to reveal beautifully flawless skin.

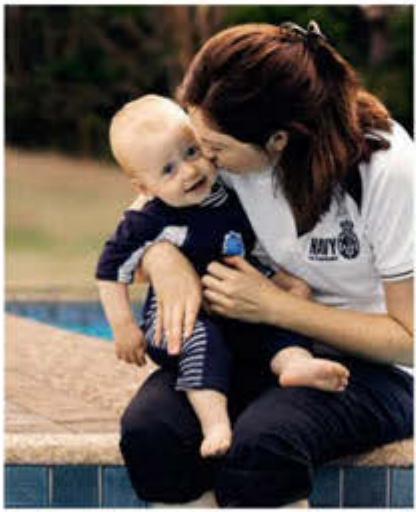
**NW
Needs,
Wants,
Buys!**

**Check out this week's
best new products!**

DO WHAT YOU LOVE

Love to see the world, push yourself or help make a difference? The new Defence Jobs website shows how you could do the things you love in a fulfilling role in the Navy, Army or Air Force.

Visit defencejobs.gov.au/dowhatyoulove



**A NON-GREASY TREAT
FOR THE SKIN**

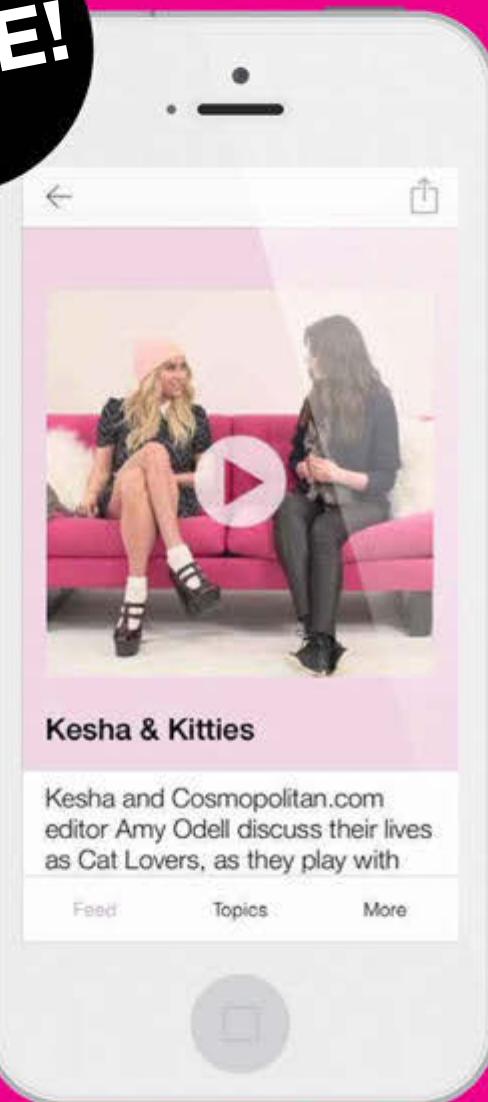
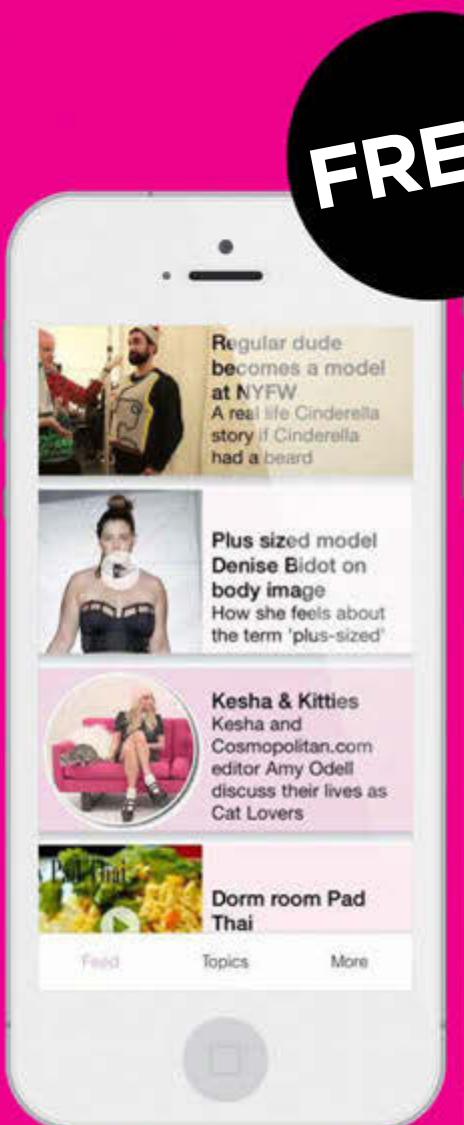
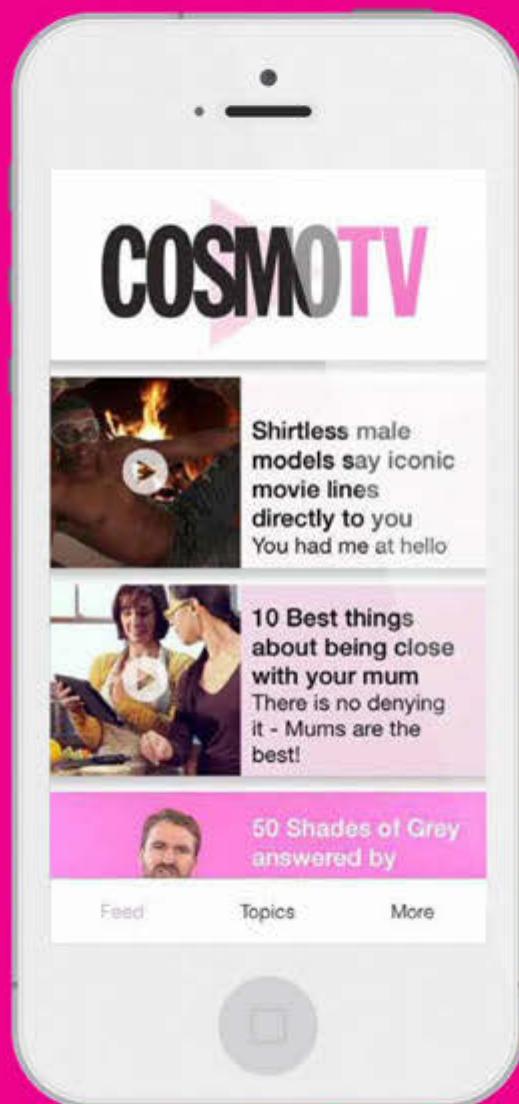
Bio-Oil is a specialist skincare product developed to improve the appearance of scars and stretch marks. Its non-greasy formulation contains the breakthrough ingredient PurCellin Oil™, ensuring rapid absorption of key ingredients vitamin A and E, calendula, lavender and rosemary oils and chamomile extract. Available from Woolworths, Coles, Target, Big W, Kmart, Priceline, and pharmacies nationally.

For stockist enquiries, call toll free on
(02) 8436 8300.





COSMO BRINGS YOU THE LATEST
IN FASHION, BEAUTY, BODY, SEX
AND RELATIONSHIPS.



FASHION & BEAUTY TIPS / HOW-TO VIDEOS / ADVICE
INTERVIEWS & MORE!

Search for **Cosmo TV** on the



or using

